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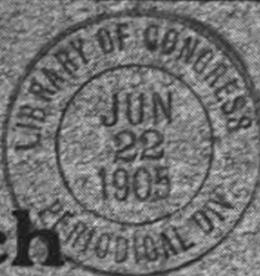
Do You Ever Think?

SUGGESTION

The New Psychology Magazine

July 10c. 1905

Auto-Suggestion
Psychic Research
Drugless Healing
Nature Cure
Personal Magnetism
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Will Power...Health
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KINGSTON-ON-HUDSON, NEW YORK

Do You Ever Think?

SUGGESTION

The New Psychology Magazine

July

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1905

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Psychic Research
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Happiness...Success**

10c



DO IT NOW



HERBERT A. PARKYN, M.D., Editor, 4020 Drexel Boulevard, CHICAGO

USE THIS PAGE AS A POSTER

NEWSDEALERS are requested to tear out this page at the dotted line and display the same.

SUGGESTION

is a magazine of the New Psychology for thinkers. It stands for a rational system of living based on natural laws. Right living means right eating, right breathing, and right thinking.

There are laws for the body and laws for the mind. This magazine believes that nature will cure every ill that is curable if she is given an opportunity; that drugs never cure and that their general use is not called for.

SUGGESTION believes in the sufficiency of creation and that man is the highest and best effort of creative energy-acting through the power of mentality; that man is not a worm of the dust, but the perfection of creative wisdom, having inherent powers of development

* * *

This magazine advocates a change in the economic systems which will allow every man to enjoy life and the freedom of happiness unhampered by artificial conditions created by imbecile legislation and predatory trusts.

* * *

This magazine teaches that health, happiness and success are the portions of every person if the inherent powers of being are not hampered or diverted, or strangled. Nature designed every sentient being to enjoy a happy existence. The laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good will, prosperity, and health would result.

SUGGESTION teaches that facts are the result of unyielding law; that supernormal agencies do not influence or determine any earthly event; that the human intellect and will is unassailable and unchained; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

Among many subjects of interest to thinkers discussed in SUGGESTION from a scientific standpoint may be mentioned the following:

PSYCHIC RESEARCH.
DRUGLESS METHODS OF
HEALING.
NATURE CURE.
SUGGESTIVE THERAPEUTICS
(psycho-therapy).
PERSONAL MAGNETISM.
ADVANCED THOUGHT.
RATIONAL HYGIENE.

POWER OF THOUGHT.
MEMORY TRAINING.
FORMATION OF CHARACTER.
AUTO-SUGGESTION.
THE LAW OF SUGGESTION.
HEALTH.
HAPPINESS.
SUCCESS.

The editors want the name of every person in the United States who endorses, wholly or in part, the above declaration of principles.

A sample copy of SUGGESTION will be sent on receipt of postal; address,
CIRCULATION MANAGER, 4020 Drexel Blvd., Chicago, Ill.

[THE EDITOR requests every subscriber to tear out this page and mail it to a thinking friend.]

John W. May 31, 06



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This month we present a number of photographs illustrating incidents in the recent visit to Motzorongo of Mr. Wm. Bagnall, a successful business man of Pittsburg, Pa., one of the readers of this magazine, SUGGESTION.

Direct, positive testimony, especially of the nature of Mr. Bagnall's, is certainly worth careful consideration and Mr. Bagnall has given his testimony briefly but eloquently, although he reiterates only what scores of other visitors to Motzorongo have said.

MR. BAGNALL'S LETTER:

Pittsburg, Pa., May 14, 1905.

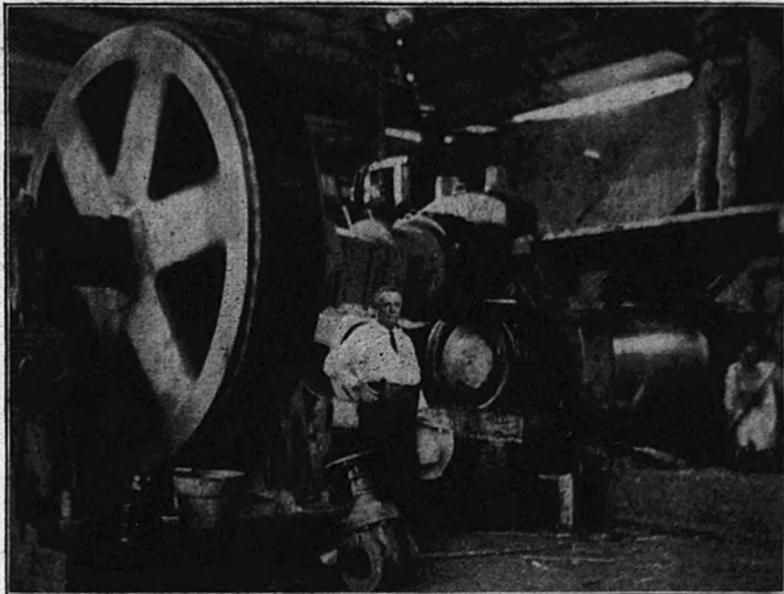
The Motzorongo Co., Chicago:

GENTLEMEN:—I have just returned from a visit to your properties at Motzorongo and am delighted with the new sugar plant and everything I saw there. I found everything fully up to representations. I was the owner of several hundred shares of your stock before visiting the plantation and since I have seen the enterprise for myself I now take pleasure in enclosing a check for an additional 600 shares.

I am telling all my friends about the enterprise and have no doubt they will be sending for several hundred shares. I intend to make up a party among my friends as early as convenient, possibly next fall, to show them the solid, successful



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MR. BAGNALL WATCHING THE 750 TON CANE CRUSHERS EXTRACTING JUICE.

business enterprise with which we are identified. I became interested in Motzorongo Company through your advertisement in Dr. Parkyn's magazine, SUGGESTION, and had the pleasure of seeing the plantation in the company of Dr. Parkyn who does not expect to leave Motzorongo for a week or ten days.

The large new sugar plant is working perfectly, converting the cane into sugar as fast as the cane can be brought to the mill by the two lines of railway.

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WM. BAGNALL.

P. S. In a few days will send you a letter for Bulletin.

Motzorongo is a going, paying enterprise now, but more money is required for the judicious development of its various departments and this is the only reason why the invitation is still extended to you to join in this great co-operative enterprise and to join in the profits.

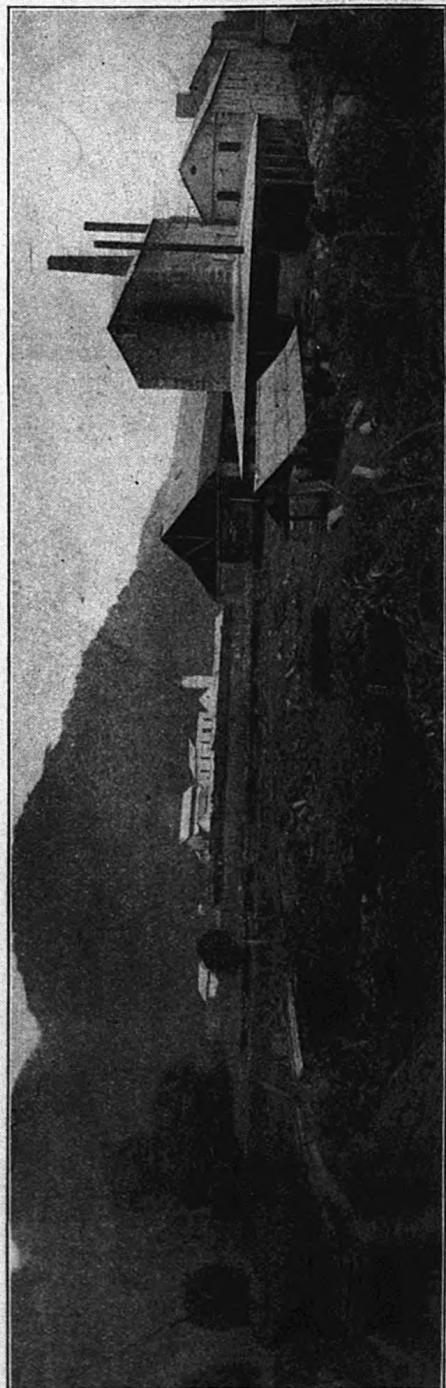


MR. BAGNALL INSPECTING HIS DIVIDENDS. THE SUGAR IS SHIPPED IN SACKS HOLDING 250 LBS. EACH. IN BACKGROUND IS SEEN THE FREIGHT CAR OF THE VERA CRUZ AND PACIFIC RAILWAY.

The company has 1,000 acres planted to sugar cane and will start to harvest this crop by January 1, 1906. This crop alone will yield handsome dividends on the total capital stock of the company—\$1,250,000.

The company has cattle, timber, rubber, coffee, cocoa, corn, rice, tobacco, bananas, oranges, pineapples, lemons, vanilla and real estate. In a few years the profits will be enormous.

Don't keep your money in



BACK VIEW OF MOTZORONGO SUGAR MILL. NOTE THE RAILROAD SWITCH RUNNING INTO THE MILL AND THE FREIGHT TRAIN STANDING IN FRONT OF STORE AND STATION IN THE DISTANCE.

a savings-bank at 3 per cent. when you can put it into a gilt-edged investment like this. This is not a stock-jobbing scheme, but a going, producing and paying investment today.

Things to Remember

This company is a mutual co-operative society constructed for the benefit of all shareholders.

* * *

Every shareholder has a vote in the management of the association.

* * *

No trust companies, millionaires, or large capitalists have anything to do with the management of this society.

* * *

The profits in tropical agriculture are enormous, the United States alone importing over \$1,000,000 worth of tropical products daily.

There are 365 growing and grazing days in the year at Motzorongo.

Motzorongo can be found on every map and railway folder of Mexico.

* * *

Although the Motzorongo Company is the largest and best American plantation company in Mexico, it is capitalized for only \$1,250,000—less than the value of the real estate holdings. It is virtually a co-operative company, and nearly \$300,000 worth of its stock is held by readers of *SUGGESTION*, whose editor is a director in the company.

The company is highly commended in the last official report of the sugar industry of Mexico.

* * *

If the statements in this announcement were not true the editor of this magazine would not allow them to appear.

* * *

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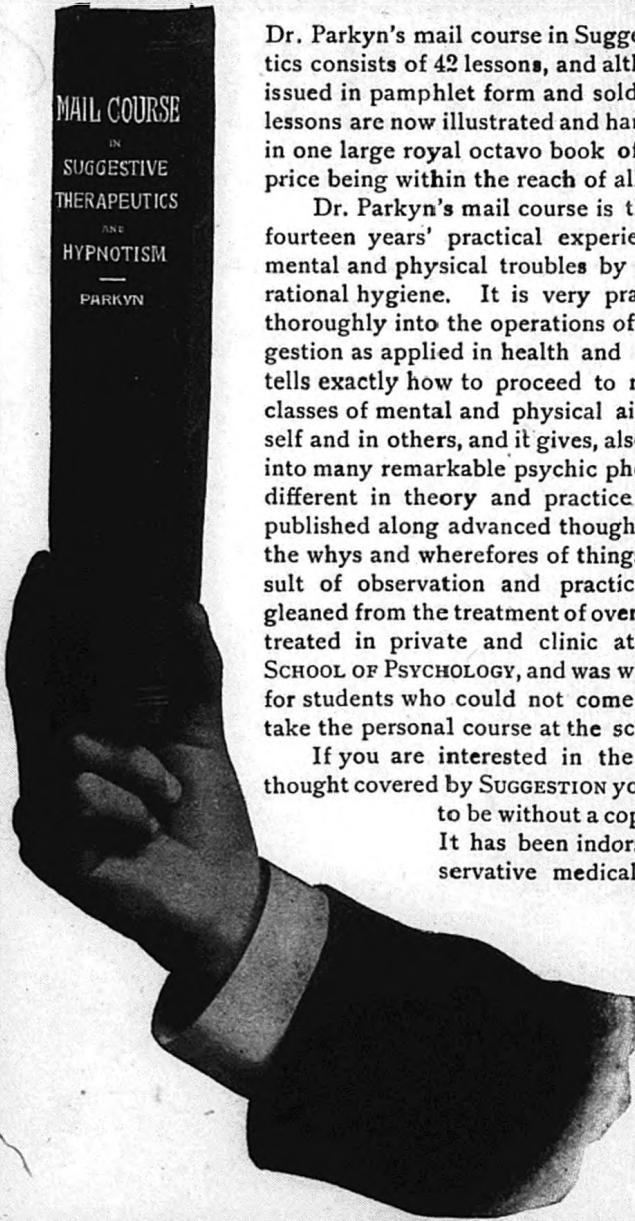
(The Editor of this magazine vouches for the truth of the above statements.)

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If you are interested in the field work and thought covered by SUGGESTION you can not afford to be without a copy of this course. It has been indorsed by the conservative medical press and by students, thinkers in every walk of life.

Send postal today for table of contents, description, testimonials, etc.

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SUGGESTION

A Magazine of the New Psychology

"Man's whole education is the result of Suggestion"

SUGGESTION PUBLISHING Co., 4020 Drexel Blvd.

VOL. XV.

CHICAGO, JULY 1, 1905.

No. 1

Health Through Fasting

By HERBERT A. PARKYN, M.D., C.M., Medical Superintendent
Chicago School of Psychology, 4020 Drexel Blvd., Chicago.

AN ENGINE in operation requires a certain amount of good oil to keep it lubricated. If kept in operation without sufficient oil, serious injuries, if not absolute destruction, result.

On the other hand, too much oil, especially if the oil be of an inferior grade, will interfere seriously with the smooth operation of the various parts of an engine and may even put it entirely out of commission.

It pays to see that an engine gets just the right amount of good oil, to produce the best results, and if an engine be clogged through the persistent application of too much oil, it may be well to give the engine a rest, clean it up thoroughly with thin oils that will wash away the thick accumulations of oil and dirt, and start the engine again under new conditions, using just the right quantity of lubricating material.

The human body requires a certain amount of food to keep it in good condition—properly nourished and lubricated. Too little food will prove disastrous in the end,—a rare cause of sickness. But over-eating, while it seldom causes immediate death in itself, is one of the chief causes of the thousand and one physical ailments from which modern man suffers. In fact, if the physical troubles

which follow over-eating and insufficient drinking could be eliminated, a sick person would become almost a curiosity, so great would be the percentage of healthy persons.

I have led hundreds of poorly nourished people back to health, but it is seldom that these poorly nourished ones eat too little. Usually they drink so little liquid that their digestive secretions are stinted and cannot handle the food they would only be too glad to eat if they were not afraid of the distress that would follow. It takes water to make digestive juices and unless one drinks the water there is no other way to get it into the body to make the digestive juices.

Increasing the liquids drunk to two quarts per day will greatly help these poorly nourished people by enabling them to digest and assimilate their food.

There are other people who eat sufficient food but do not persistently drink enough water to handle this food properly in the body and carry the waste materials from the body. This class forms the occasional sufferers.

EXCESSIVE EATING.

The great bulk of the people, including many who are usually considered to have good health, eat too much; not only too much in proportion to the quantity of liquids required by healthy men, but too much for any and all conditions—too much for perpetual good health and longevity.

Many of these large eaters are large drinkers, also, and the large drinking enables them to handle the food and keep healthy, apparently, for many years. But during these years the organs of digestion, assimilation and elimination, and the heart, are called on to work overtime to handle the immense amount of unnecessary fluids and food; with the result that sooner or later disease develops in one or more of these organs from overwork and chronic suffering, if not sudden death, is the inevitable result.

One would naturally suppose that the stomach would give the first symptoms of warning of the effects of over-eating, but, unfortunately, this is not the case, and although in some cases serious digestive troubles do develop, the first warnings generally come in the form of rheumatism, headaches, heart troubles, biliousness, Bright's disease, vertigo, colds, asthma, apoplexy, melancholia, failing mental powers, impotency, diarrhoea, obesity, skin diseases, laziness, and some claim even cancer and tubercular consumption.

The habit of eating three times a day is a habit of centuries, handed down to us from our forefathers, who were tillers of the soil. A laboring man naturally requires more food to sustain the body than a man leading a sedentary life. Yet I have seen men who took no physical exercise at all and made very little use of their brains habitually eat more than a working man. These people eat to please their appetites instead of eating to supply the actual requirements of their bodies. They go to the table because their meal hour arrives, and if their appetite flags a little they frequently order an "appetizer" in the form of an alcoholic drink of some nature which creates a false appetite for food, and this appetizer is usually followed by some other alcoholic decoction to assist the poor flagging digestion to handle a meal that would almost suffice to nourish a healthy man for a week.

Is it any wonder that disease like Bright's disease develops in the overworked organs of elimination?

If it is true that so many physical troubles are due to over-eating, the absurdity of endeavoring to get rid of these troubles by pouring medicines into the system must be apparent to every thinking person, especially if the patient continues to eat as heartily as ever.

The average "office man" eats far too much. Two light meals a day would give him just as much actual physical strength as three hearty meals; besides, with the light eating, he would feel better, his brain work would be of a better quality and he would live longer.

What I am saying now will be read by thousands of office men and others of sedentary habits who habitually over-eat, and my advice to them is to try the plan of living I shall suggest for those who are suffering from the effects of over-eating, and I will consider it a favor if they will write to me personally telling the results that follow.

If you eat very little and drink but little, increase your liquids to two quarts per day. Your health will improve and as the appetite increases you will unconsciously take more to eat.

If you eat moderately but drink only a little, increase your liquids approximately to two quarts per day, according to weight, occupation, etc.

If you are a very hearty eater and drinker cut your daily allowance of liquids to two quarts and eat but two light meals daily. This may require a little display of will power at first, but you will

WHEN FASTING IS BENEFICIAL.

If you are a sufferer from severe stomach trouble or any of the troubles I said could be traced to over-eating, I would advise a complete fast lasting from three days to three weeks. If you are in a very weakened condition I would not advise you to fast excepting under the guidance of a physician, but if you have sufficient strength to attend to the ordinary affairs of life a fast will not injure you in the least and your whole body may have a chance to become renovated. While fasting from food you should drink at least two quarts of liquids daily. Fruit juice if agreeable can be taken to make up part of the two quarts which in the main should consist of water, and it is best taken in small quantities at frequent intervals.

It is not an uncommon experience for a man to arise from an attack of typhoid fever of several weeks' duration and enjoy better health than he has had for years previous to the attack, although during the fever he does not eat as much food in four weeks as a large eater consumes in a single day.

During the course of the fever he is given a great deal of water—usually two to three quarts daily, but the complete rest given the main organs of digestion, assimilation and elimination is the reason for the apparent renovation of the body that occurs after the fever.

Now it is not necessary for a man in poor health to wait for an attack of fever to bring about this renovation when it is possible for him to bring about the renovation while attending to his daily duties. I could cite case after case in which perfect health has followed a voluntary abstinence from food for a week or two, thereby giving the human engine a chance to rest and clean up, the daily ration of liquids assisting greatly in the renovating process.

CURED BY FASTING.

I shall have space here to tell only of one chronic case that was perfectly cured by a fast after everything else had failed.

The patient, a man aged 40, had always been a hearty eater and drinker. He had suffered at times from rheumatism and headaches and had grown very fat, but considered his health better than that of the average man, for he had never been confined to bed a day in his life. A change of environment and increased business cares interfered with his usual exercise, but he continued, how-

ever, to eat and drink as much as ever and did not think seriously about his health until the headaches grew more severe and his stomach began to bother him considerably. Then he resorted to digestive medicines which seemed to help for awhile, although he did not decrease the quantity of food eaten. Next he resorted to alcoholic stimulants. These worked satisfactorily for awhile, but the stimulants had to be increased in quantity and finally failed to assist, the stomach being much worse for the experiment. Then various other treatments were tried till eventually the patient came under my observation.

After studying the case for a few days I advised a complete fast for three weeks to rest the main organs of nutrition and elimination. The fast was carried out, the patient drinking freely, and at the end of three weeks the patient was allowed to take a little light food twice daily. It was noticed from the first meal after the fast that the stomach digested the food perfectly and the quantity of food was increased steadily till sufficient to sustain strength was being taken.

It is three years since this patient took the three weeks' fast. He weighs thirty pounds less than when the fast began, but he has not had an unpleasant physical symptom of any nature in these three years, although he is eating only one-third as much food as he ate before the fast began. In cases of severe stomach trouble nothing will bring about permanent improvement in the organs like a judicious fast.

I am not a fasting crank. I do not prescribe fasting for every complaint; in fact, I frequently have to urge patients to eat more, after they have increased the water drunk to the proper allowance, but there are many physical troubles for which nothing will take the place of a fast if permanent relief is sought.

Speak gently! 'Tis a little thing,
Dropped in the heart's deep well,
The good, the joy that it may bring
Eternity shall tell.

—*Langford.*

* * *

Nothing can bring you peace but yourself.
Nothing can bring you peace but the triumph of principle.

* * *

God will not make Himself manifest to cowards.

2

"I Am Master of My Fate"

By DR. J. C. HOFFMAN, CHICAGO, ILL.

OUT of the Night that covers me,
Black as the pit, from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the strong stress of circumstance
I have not winced nor cried aloud;
Under the bludgeonings of chance
My head is blood, but unbowed.

Beyond this vale of wrath and tears
Looms but the horrors of the shade;
And yet, the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate—
How charged with punishments the scroll;
I am the master of my fate—
I am the captain of my soul!

[Editor's note.—The authorship of the above verses has been credited to W. F. Henley, probably erroneously.]

Without the resolution in your hearts to do good work so long as your right hands have motion in them, and to do it whether the issue be that you die or live, no life worthy the name will ever be possible to you; while in once forming the resolution that your work is to be well done, life is really won, here and forever.—John Ruskin.

* * *

How far that little candle throws its beams! So shines a good deed in a naughty world.—Shakespeare.

* * *

Diligence is the mother of good luck. A god gives all things to industry.—Franklin.

Mental Moods and Bodily Health

By BELLE MENDELL, Austin, Texas.

Written for SUGGESTION.

AN INTIMATE, though mysterious, connection subsists between the mind and the body. They act and react upon each other. The mental state has much to do with the physical health. Sadness depresses, and to that extent induces disease. Joy uplifts, cheers, inspires and invigorates, and in that proportion acts as a tonic to the entire system. This fact specialists do not overlook, however much it may be ignored by the diseased and their friends. The observant and skilful physician takes account of it in diagnosing the condition of his patient. He not only feels the pulse and notes the various symptoms of the ailments, but ascertains as far as possible if there is any worry or trouble, causing irritation or depression. He does not neglect his physic, but assists its proper action by trying to dispel sad and gloomy thoughts and feelings by substituting something pleasant and exhilarating. When he sees the smiles returning to the lip, the eye brightening and hope dominating, he feels sure that his treatment is having the desired effect.

Health is the best of earthly blessings.

Much depends upon the will and effort of the individual whether he shall enjoy it.

If he prizes it aright he will do all in his power to secure it and preserve it. He will not regard a delicate and sickly frame as something meritorious or praiseworthy. A diseased condition of the constitution may be inherited, or may be due to circumstances, and yet, as a rule, ill health is the outcome either of our own or another's sin.

Sanitary conditions have been neglected.

But, however produced, there is no merit in the delicate frame, even though some talk and act as if there were some special virtue in it. They air their complaints with considerable pride and seem to take evident comfort in being so "poorly." But frequently their troubles are largely imaginary or fancied—the result of mental disorder. They are given to gloominess, and so conjure up numbers of maladies, with ever varying degree, and varying name, until health is really impaired. They nurse sentiments and feelings and become subjects for all ills flesh is heir to.

How Not to Worry

By PROFESSOR R. J. RAYMOND, Raymond Mental Institute,
Minneapolis, Minn.

Written for SUGGESTION.

THE BASIS of worry is fear, and a lack of faith in ourselves and the eternal power by which we were created. To worry shows a lack of reason. A study of life from even the standpoint of purely material reasoning will show the needlessness and folly of all varieties of worry. Sound reasoning and good judgment will rid any intelligent person of 75 per cent. of their worry or fear manifestations, but no reasoning applied directly to the remaining 25 per cent. will efface it. Relaxation and faith will do this, and it will also furnish us with the only charm that can secure us against the ghosts of the old worries that we killed by reason.

Reason is a good thing, but faith is better. If we have faith, we will have reason. "Faith is the substance of things not seen." Worry over-chemicalizes our blood, which destroys the tissue of body, and counteracts nutrition. It dilutes the blood and lessens its quantity.

Worry produces wrinkles, not only in the face, but over the whole surface of the body. It causes the skin to become yellow and tough. The pink glow that nature would have there is entirely absent in the chronic, fretful, doubtful, worrying individual. Worry poisons the nerve cells, and they slowly shrink, shrivel, and become inactive. The brain is weakened for lack of nourishing blood and quiet, tranquil relaxation. The worrying person awakens in the morning after a restless, wakeful night, feeling more fatigued than when he went to bed.

Worry never helps us in our struggle with our environments. Worry never helps us to be strong and individual. It robs us of what personal magnetism we originally possessed. It develops self-consciousness, and makes us lack confidence in our own judgments. Worry is usually the very beginning of all physical sickness and mental weakness. Its mission is to tear down with a force that is tremendous. Indigestion is caused primarily by worrying and fretting, and thinking there is something wrong with everything. "We live amid surfaces, and the true art of life is learning to skate well on them."

The remedy for preventing worry can be given in the following thoughts:

After we have used our reason to rid us of our worry, then we must consciously begin to build a faith, because we will then realize a want of it. Our first task is to reason ourselves into the conviction that our lives have been symmetrical; that nothing ever came to us that was not necessary to our unfoldment. What we called good, bad, happiness or unhappiness—if we look patiently and with the wish to find it so—we shall see that we drew them all to us as they were needed for developers. To perceive this intellectually is often easier than to feel it, but feel it we can.

We will probably discover, at first, that our troubles are not nearly as great as we thought they were going to be. Many of our greatest troubles never happen at all. We spend our time and mental energy in thinking they are going to.

When we once comprehend that an unbending law has brought us in the past with automatic certainty just what we required at the moment we required it, we know that the same law will continue to act in the same manner throughout our future. To reach this stage is to face a future that no longer has terrors. You can now affirm with entire confidence that nothing can ever again worry you. You have an unshakable faith, a serenity and poise that no possible complication of material conditions can disturb. You have now awakened to the consciousness of your close and inseparable connection with the Divine force, and shall never again feel worry, fear, anxiety, or any emotion that kills the flesh.

To learn how not to worry is to learn the secret of happiness. Happiness is what all the world is seeking, but is never found outside of faith. Freedom from worry keeps us filled with an inspiration that is ceaseless. It is to feel and consciously know the real joy of living. You need no longer to depend upon theories, for you have a condition. You are at rest, peace, and harmony, and you find, as Goethe found, that—

Rest is not quitting
The busy career;
Rest is the fitting
Of self to one's sphere.

'Tis the brook's motion
Clear without strife,
Fleeing to ocean
After its life.

'Tis loving and serving
The highest and best;
'Tis onward unswerving:
And this is true rest.

For the Study of Ghosts

Argument Is Made That the Government Should Take Up the Subject

A SCIENTIST URGES IT

Careful Investigations Should Be Made of Psychic Phenomena and Reports Compared

WASHINGTON, D. C., March 10.—“The phenomena of ghosts, phantasms, etc., should undoubtedly be made the subject of careful government study,” said a scientist of high standing who had been talking to a “Star” reporter for a long time of the faint, shadowy images that appear now and then to the imaginative and unimaginative.

“No, I couldn’t let you use my name now,” he went on, “because if I did it might spoil the efforts I am directing toward having higher officials make a careful investigation and report, along the lines of English researches, of these mystic things that so few know anything about. Many people would deride me and say that a man of so little intellect as myself should not be allowed to stay in the service of the government. Of course, that would not be so bad, but I want to keep everything in the dark until I have pushed the subject to the fullest extent with my superiors. I believe in the end I will finally secure sanction for official agents to begin the queerest investigation ever made by the government, but one promising the greatest enlightenment to mankind and the clearing up of one of the greatest mysteries remaining unsolved.

“We may be impregnated to the fullest extent with the modern day cynicism and skepticism until we proudly boast that there are no such things as ghosts, no apparitions and never will be. But three-fourths of the men and women who make these boasts privately feel that there is within us some unknown power of the mind or soul that enables most weird things to take place. They can’t explain, don’t attempt to explain, and in public meet these facts with derisive laughter. Much of this is due to complete ignorance of the wide study of mental phenomena. I don’t believe there is a man or woman in the world who has given anything like earnest study to the reputable publications relating to psychological problems who will not frankly admit that there are many unexplained things in the field of apparitions and specters. Why should the

government spend millions of dollars in educating people along other lines and make no effort to furnish them with light on this subject, which is nearer to the soul than any other?

DEMONSTRATED EVERY DAY.

"The phenomena of spiritism, mesmerism, hypnotism, telepathy, are demonstrated every day to the eyes of the most practical people, and nothing is done to furnish corrections of the many ignorant and absurd ideas that prevail on these subjects. Few men doubt that all of these things are daily practiced, but that which is not explicable to the average man is nothing but the imagination of a weaker man mentally. That is the way they figure it all out, and they go along satisfied. Isn't there reason for the existence of these phenomena? If so, why cannot they be intelligently explained so that men and women will not be made fools of and played upon by the mysticism that surrounds most of them? Why is there not some basis for intelligent explanation of these things, and why shouldn't people know what the basis of this explanation is? Of course, it must be admitted that few students of the phenomena have come to an agreement, but there are some sensible scientists who have studied it all, and who have reached conclusions that are worthy of dissemination if the government should care to undertake enlightenment.

"Webster says that a ghost is the disembodied soul or spirit of man, but my investigations all tend to prove that the soul of man never stalked over spots of the earth at any time in history in spirit form. I have been developing for years the fact in cases of all the ghost stories I have been able to hear of, and I have had some marvelous experiences; too marvelous to attempt to go into detail. My conclusion is absolute that the soul of man never came back to earth after his body ceased to exist. I am satisfied, though, that there is within the mentality of every man and woman a power which, developed under certain emotions, renders it possible for the projection of a phantom to whoever is desired to be reached by that person. I don't refer now to the strange things that take place between the living, either close together or far apart, but mean to deal wholly with the apparitions that follow death under certain conditions. Right here, I want to ask, did you ever hear of a ghost where the death of a person had been quiet and in the natural way? Have you not noticed that ghosts are produced after some unusual or horrifying death—following some tragic, intense moment in the

life of one person or the lives of several? Make an investigation and you will find that this is so. This is due entirely to the fact that at the supreme moment in the tragedy the undeveloped mental power of the person in distress rises to its purposes. The person is being murdered in a horrible manner. He wants the world to know it, and concentrates the mysterious functions of the mind so sharply on a desire to expose the whole thing in some way that the scene is reproduced in ghostly apparition. It remains on the spot to tell the tale to whoever is most interested. And I want to tell you that my study of ghosts is that where one originated under circumstances of the kind I describe it has never disappeared fully until the object of its creation is accomplished.

TRUTH SHOWN BY RESEARCH.

"Research of the most careful kinds into the great ghost stories of the world for thousands of years shows this to be true. When the murderer has been brought to justice the ghost disappears. Or if you tear up or change the locality in which the crime was committed it will disappear because this disarranges the scene. The soul of the person is not there. It is merely an embodied idea or thought, created under such tragic, impressive conditions that it remains until the idea has been realized. A most noticeable and important thing about these phantasms is that if they talk at all it is solely on the subject uppermost in the mind at the time of dissolution. No other subject is discussed and a ghost was never known to talk on anything except the one subject. If a ghost, then, was really the soul or mind of man it would possess intelligence to talk on nearly any subject upon which inquiry might be made, but this is never the case. The vision is the result of concentrated telepathic idea or thought under stress of emotions of a kind seldom experienced by the living.

"If the theory I hold is right the world ought to know it. This wonderful telepathic power of the mind ought to be officially told of, just as much as are the various statistics about school life, industrial life or other affairs. Scientists believe in the theory, and if the government should start an investigation the revelations would be worth reading.

"Yes, ghosts are rare things in these days, and have always been rare, for that matter, but there are other phenomena of man's mentality that deserve investigation. Take the case of a mother or father dying many miles away from his or her family. As death

approaches the mind is so strongly fastened upon the thought of the absent ones and the grief is so great at being away from them that there is created one of those strange phantoms that is instantly transmitted to the far-away ones. There is an instant's appearance to the living, and then the specter disappears. It has carried out the dying wish and desire and has communicated with the loved ones. So you do not believe such things occur? Well, may you never be the recipient of such a gruesome message. I recall a case in my own life that will never be forgotten. My dearest friend at school was the sweetest boy I ever knew. We grew up together, went to college together and separated after we became men. 'I must go to London,' he told me one day, 'and I will tell you good-bye. I desire that we shall make this agreement: If either of us should die the last thought is to be a message to the other.' I agreed, but with a laugh. We wrote to each other often and he was getting along well in Europe. One day there was a ghostly apparition appearing before me and with it was the voice of Harry. 'I have been run over by a train in London,' it said, 'and I am dying. Good-bye.' The vision disappeared. A cable message the next day informed me that the vision was right and that Harry had died about the hour I received the message. Was it telepathy or what?"

Not what I have but what I do is my kingdom.—Carlyle.

"There is so much bad in the best of us;

And so much good in the worst of us,

That it hardly behooves any of us

To talk about the rest of us."

* * *

"Then fret not over what is past and gone,

But act as if thy life were just begun.

Do thine own task and be therewith content,

Then all besides leave to the Master's power."

* * *

The power that creates also destroys. There is no creation without previous destruction, and no destruction without creation. The outside may become the inside; the low the high, vice versa.—Geo. D. Tripp.

* * *

There is no impossibility to him who stands prepared to conquer everything; the fearful are the falling.—Shakespeare.



The Gem of Time

FOR SUGGESTION

ASAGE who had grown gray and old, forsooth,
From years of delving in the deeps of truth,
Brought forth a gem from Stygian Mine,
Whose luster time can never dim. 'Tis thine;
Go, wear it day by day. Men call it NOW.



The old seer says that they who wear this gem
May walk the halls of truth, and stand with them
Whose bugle-call speaks from the heights;
But warns: "O child, take care; its lights
Are lost to thee in past and future things!"



Go thou, and bind this gem upon thy brow!
Nor think from bad comes nothing good. Go now,
Without regrets, and learn these truths of life:
What was, is not. What is, is now. All strife
Recedes before the passing moment, NOW.

—Amy Nickerson.



Drugless Healing

BY DR. EDUARD W. GOETZ,* CINCINNATI, OHIO.

Written for SUGGESTION.

FOR the benefit of the readers of SUGGESTION a few remarks on the subject of osteopathy will serve to answer the inquiries of many people as to what osteopathy really is. "Osteopathy," like "suggestion," is one of the methods of treating disease without drugs.

The public is fast approaching a non-medical era, which is demonstrated by many new non-medical theories that have been advanced in recent years, and also by the minimum doses of drugs given by the medical profession,

One reason for this is, the people are gaining a greater knowledge of their own systems and of the power of nature as a corrective medium, although they remain in ignorance of the intricate workings of the human body itself.

People have learned that the human body is but a counterpart of the different forms of life, and that nature controls them all; that sickness is often due to violation of the laws of nature, and through these violations, if continued, a weakened condition of the system is developed, thereby reducing the vitality necessary to overcome the ravages of disease and the resultant effect—death.

It is generally known that drugs have only a palliative effect on a pathological condition, and are not curative.

Drugs, being simply an artificial support to the tissues affected, leave a weakened condition when the effects of the drugs are worn off.

Drugs also have a tendency to interfere with the power of nature to repair weakened parts.

The action of morphine (or any of the opiates) is familiar, especially in cases of pain. Does it not generally leave an after effect that is very distressing? Again note the effect of strychnine, given in cases of nervous affection. Does not the trouble nearly always return after the effects of the drug have worn off, to say nothing of the derangement of the digestive organs which naturally follows, leaving them in a weakened condition?

It is a demonstrated fact that through the continued use of an opiate or a strong stimulant the secretions of the body are dried up. If one can fully understand what an important part these secretions play in the process of digestion, one can readily understand the cause

*Dr. Goetz is the author of "A Manual of Osteopathy."

of digestional troubles, as is often shown in cases of epilepsy, rheumatism, neuralgia, headache or painful affection, where opiates or stimulants are employed as an alleviator.

Individual osteopaths are not wholly opposed to the use of medicines, when the medicines used are in themselves harmless and are given for a specific purpose in conformity with a correct diagnosis. Too often a trial is made on a doubtful diagnosis—a drug is prescribed without effect, then another prescription is substituted. This shows guess work on the part of the medical profession, or perhaps, it might better be said, on the part of the individual practitioner, and the constitution of the patient is often made to suffer.

Why take these chances when there are other means more natural, hence more effective? Stop to reason: Our Creator put his subjects on earth and endowed them with the natural power of keeping their physical bodies in a healthy condition, and in case of disease he has provided also a natural means of restoring it to a natural state.

It is an incontrovertible fact that the so-called medical era has existed only about two thousand years, and inasmuch as humanity existed before that time, our Creator endowed us with some means of keeping us in a healthy condition and has given us the power to eradicate disease through the employment of the knowledge of the forces of nature.

If people would only stop to think of the above facts, and treat the subject as a simple matter, one to be easily comprehended, instead of considering the human system as an unsolvable puzzle, they could in the majority of illnesses take care of themselves, and a medical adviser would be unnecessary.

There have been books written and journals published that will give one all the information one needs for instruction as to how to take care of oneself, and rules given to keep the system in a healthy condition without the use of drugs.

These works reveal the secret of warding off disease, which contains advice, as well as a full explanation of the treatment for all ailments of the human system; tells how to cure and prevent them by a system of osteopathy, baths, diet and exercise.

The measure of a man's sin is the difference between what he is and what he might be.—David Starr Jordan.

* * *

No one who cannot master himself is worthy to rule.—Goethe.

Don't Condemn Yourself to Death by Auto-Suggestion

By HARRY GAZE, San Francisco, Calif.

The idea that somatic death is inevitable, is blindly accepted by all but a few individuals. This tragic idea of life has no scientific foundation. It is supposed that the history of past mankind must be repeated in the experience of present and future beings. Evolution proves the fallacy of this position, and indicates the possibility of attaining in this age that which was considered impossible in the past.

Perpetual life is a scientific possibility, the mechanism and method of bodily renewal being such that all the demands of the law of change may be successfully met without somatic death.

By correct mental attitude, rejuvenative food, wholesome habits, and practice of the principles of regenerative life, health and youth may be perpetually maintained.

The man who expects to die is condemned to death by auto-suggestion. Expectancy and preparation for death is a psychological method of suicide. The subjective mind, which governs the functions of the body, is controlled by the predominant suggestions of conscious thought. The suggestion of inevitable death is consequently devitalizing and perfect renewal becomes impossible with the advance of years.

Determine to express, grow and live. The manifestation of age is the evidence of failure to grow mentally or physically. The ancient Greeks entertained the idea that to "learn something new every day" is the secret of eternal youth. There is no question but what such continual advancement would be expressed in corresponding rejuvenation of life. Nature showers life abundantly on all who are fit for it. This fitness denotes perfect receptivity to growth. The real secret of eternal youth is to eliminate the thought of bodily age and maturity, and consciously evolve both mind and body to superior conditions. The idea entertained by some that man has reached the height of his physiological evolution is false, and would make perpetual life impossible. Perpetual improvement is possible in physical structure as well as in mentality. It is impossible for a man who is perfectly receptive to mental and physical evolution to become weak and decrepit.

The idea that one must reach the prime of life at forty or fifty

and die at about seventy or eighty is without foundation. Tradition condemns man to die at three score and ten, but some minds instinctively rise above tradition and enjoy life far beyond the orthodox limit. This limitation is simply a superstition. It is not in harmony with the philosophy of life abundant.

It takes positive thought for one to be liberated from race beliefs. A stand of firm resolution must be taken. Thought is either constructive or destructive, vitalizing or devitalizing. Expect to see yourself growing more perfect and powerful with the advance of years. Do not wrinkle your face by anxiously looking for wrinkles or stiffen your muscles by the paralyzing fear of age. Summon every strong and masterful thought within you and calmly command the organs of the body to do your bidding.

It is time man took a stirring step forward from brutehood to Godhood. The longing for eternal youth is not an idle vision. Nature created the longing. The nearer one lives to nature the more intense becomes the ambition. Latent in the bosom of nature is fulfillment for every steadfast aspiration the mind of man can create.
—*Harry Gaze in Life Culture.*

There is no road to success but through a clear, strong purpose. A purpose underlies character, culture, position, attainment of whatever sort.—T. T. Munger.

* * *

The high prize of life, the crowning fortune of a man is to be born with a bias to some pursuit which finds him in employment and happiness.—Emerson.

* * *

He who endures to the end of every action and occasion of his entire life has a good report, and carries off the prize which men bestow.—Plato.

* * *

He that reigns within himself, and rules his passions, desires, and fears, is more than a king.—Milton.

* * *

To be thrown upon one's own resources is to be cast into the very lap of fortune.—Franklin.

* * *

Guard your weak point; be lord over yourself; know prudent, cautious self-control is wisdom's root.—Burns.

Now.

THE venerable Past—is past;
 'Tis dark, and shines not in the ray:
 'Twas good, no doubt—'tis gone at last—
There dawns another day.
Why should we sit where ivies creep,
And shroud ourselves in charnels deep?
Or the world's yesterdays deplore,
'Mid crumbling ruins, mossy, hoar?

Why should we see with dead men's eyes,
Looking at WAS from morn to night,
When the beauteous NOW, the divine TO BE
Woo with their charms our living sight?
Why should we hear but echoes dull,
When the world of sound, so beautiful,
Will give us music of our own?
Why in the darkness should we grope,
When the sun, in heaven's resplendent cope,
Shines as bright as e'er it shone?

The present needs us. Every age
Bequeaths the next for heritage
No lazy luxury or delight—
But strenuous labor for the right;
For NOW, the child and sire of time,
Demands the deeds of earnest men
To make it better than the past,
And stretch the circle of its ken,
NOW is a fact that men deplore,
Though it might bless them evermore,
Would they but fashion it aright:
'Tis ever new, 'tis ever bright.

—Charles Mackey, LL.D.

SUGGESTION

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* * *

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SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, hypnotism, natural healing, rational hygiene, advanced thought and psychic research.

* * *

IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

* * *

SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

* * *

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EDITORIAL



Health Foods and Health Cranks

By the Editor.

My article in the April SUGGESTION under the heading given above, has stirred things up in several quarters, and we have received many letters on the subject, two of which are published herewith.

I did not make an attack on any particular health food nor did I say that health foods were useless. On the contrary, many of them are highly nutritious, delicious and easily prepared. There is no reason why they should not be eaten by persons in good health as well as persons in poor health. What I found fault with, however, was the tendency for "health cranks" to live on nothing else but health foods of this, that and the other kind, and to talk of their health morning, noon and night.

One critic whose letter appears below asks if my so-called healthy people eat when and what they please till impaired vigor calls a halt. He overlooks what I said in my article, viz.: that it does not pay to overeat and that it is the hearty eaters who drink too little liquids that get into trouble. If Cornaro had taken sufficient liquids per diem he might have enjoyed some of the food eaten and enjoyed by his healthier but shorter-lived brothers and lived even longer than he did. If some of his friends who ate so much had taken more liquids they, also, might have lived much longer. However I do not believe it necessary to go back centuries for illustrations of health and longevity. We have many examples of longevity and health around us today, and it is possible to study these conditions among living people. Many of them have taken rum and pork and tobacco all their lives, but they have taken plenty of liquids with them.

People who do not drink sufficient liquids cannot eat pork and mince pies, but this is not the fault of the pies; it is the fault of the digestive juices which have been stinted by insufficient water drinking.

My work and my advice are not theoretical. I have taught over 10,000 patients how to regain health and how to keep it. My

work has been very successful indeed, yet I have always used the principles given in my April article even if they do not agree with the views of the theoretical health cranks. And after all, it is the practical results that count, and I have had my full share of chronic health food cranks to lead back to health and the food eaten by healthy people.

In the April issue I merely told some things I know to be facts.

Theoretical Health

Amarilla, Tex.

TO THE EDITOR OF SUGGESTION:

In your continued article on "Health Foods and Health Cranks" you advise your readers to "shun the health cranks" and eat what the healthy man does, consisting of "bread, butter, beefsteak, potatoes, eggs, milk and many other wholesome things on which our healthy long-lived ancestors subsisted before distilled water and health foods were ever dreamed of. Health cannot be obtained by avoiding the food upon which the healthy man depends for his health."

Are not cranks the morning stars of all the reformations that have evolved us from the stone age to the front rank of civilization? Were not Gautama, Christ, Mahomet, Bruno, Galileo, Friday, and hundreds of other immortals of earth who blazed the glorious paths of our religions, our literature and our sciences, all skeptics and cranks in their day and generation?

If shun the "health cranks" why not shun the other cranks, in that case what would become of auto-suggestion with its formidable trio of life essentials?

Who is the healthy man whose dietary you recommend? Do not the majority of healthy men indulge in either tobacco or rum, as well as mince pies and pork (which only healthy men can eat), and in examination present specimen of health that would pass the scrutiny of any life insurance company?

Do not so-called healthy people eat when and what they please till impaired vigor of the digestive organs calls a halt to the "food upon which the healthy man depends for his health?"

Are you prepared to state that the great Italian Centenarian—Cornaro—was wrong in contending that the healthy man shortened his life by eating too much? Cornaro was a "health crank" at forty years of age, and managed by practicing what he preached to outlive all the "healthy men" of his generation.

Was Sir Henry Thompson wide of the mark in attributing more than one-half of the diseases that embitter life to mistaken notions of the quantity and quality of food?

If he were not mistaken in his estimate of erroneous habits of eating what becomes of advice that practically amounts to remaining in the old rut of beefsteak, fried potatoes, bread and butter, governed in quantity by appetite?

Is it not barely possible that some of the sciences most potential in their influence upon health and longevity are beginning to storm the bulwarks of self-indulgence and life-long habits and among those sciences is that of dietetics whose province is to measure the quantity and designate the quality of food that would make centenarians of us all?

This is written in the spirit of freedom and brotherhood that one crank should feel for another, and the interrogatory form is employed with a view of eliciting rather than imparting information.

C. B. PASH.
Green Lake, Wash.

* * *

Practical Health

EDITOR. SUGGESTION:

DEAR SIR.—I have read your article in the April number of SUGGESTION, "Health Foods and Health Cranks," with a great deal of pleasure. Had I been writing the history of my life for the past forty years I could not have described it so well as you have done. Leaving out the practice of the auto-

suggestions which you recommend, my manner of living is in perfect accord with your teachings. My subjective or (immortal) mind has constantly been dominated by the auto-suggestion that health, happiness and safety is my natural birthright, and nothing but my own actions can destroy my health, happiness and safety. Your articles ought to be committed to memory and practiced in the lives of every man, woman and child in the nation. It ought to be in living letters hanging on the wall of every school-room in the land. And as an illustration of what your teachings have done for me, I herewith enclose two views of myself. I make the claim that following out your teachings that I possess the most perfect proportioned natural physique in the world. And what your teachings have done for me they will do for every intelligent man who will co-operate with natural, simple laws of living.

Fardon me for what may seem boastful regarding myself. A study of the views and my measurement, which you will find on back of photo, will at least prove that I am a healthy man. These measurements correspond to a minimum of variations from the standard required by the ancient Greek, for a perfect physique, and I think it will be found that such measurements (naturally) are uncommon even among athletes today. You said, "Try it, I say, and tell me in a personal letter how it works." Here it is, and I most sincerely thank you for the many helpful suggestions which SUGGESTION brings to me every month. Yours very truly,

INCognITO.

Killed by Thought

Here is a paragraph from an exchange:

The fatal power of imagination was illustrated recently by the case of a Russian railway employee who was by accident shut up in a refrigerator car. He wrote on the wall: "I am becoming colder." "I am slowly freezing." "I am half asleep; these may be my last words." And when they took him out dead, the temperature of the car was only 56; the apparatus was out of order.

Some people sneer at the idea that thought force has any effect in curing disease, but it is a fact that thoughts can kill or cure. Thousands have been killed by suggestion; and thousands have been restored to health, happiness and prosperity by the same power.

* * *

Is it not time that more attention was given to practical psychology?

* * *

If thoughts can cure disease, is it not time to know about the basic laws of mental powers?

* * *

Do you think a doctor ignorant of the law of suggestion should be allowed in a sick chamber?

* * *

Friends, thoughts can bring life or death; the law of suggestion is the basic principle of life and action. Through evil sugges-

tions criminals are made, and by suitable suggestions the basis of noble character may be implanted. "Man's whole education is the result of suggestion."

A New Book on Auto-Suggestion

I wish to call the attention of all friends to the notice of Dr. Parkyn's new book on Auto-Suggestion. The notice will be found in the department devoted to book reviews. The title of the book is "Auto-Suggestion; What It Is, and How to Use It for Health, Happiness and Success."

The subject is one of vast importance to humanity and if mankind understood the far-reaching and important effects of auto-suggestion, much of evil, worry, sickness and misery would be eliminated.

To understand the proper use of auto-suggestion is to know how to live. I recommend this book to every thinker; it should be read by every parent, teacher, physician and healer; every young man and woman should read it and learn how to smooth life's pathway. The information given in Dr. Parkyn's book is of untold value to the soul-seeking knowledge. E. E. C.

In the August issue we hope to have the directory of advanced thought and hygienic publications more complete. This directory will be useful to the student and investigator, as it is the most complete directory of its kind that has been published. Many editors are too timid to publish the names and addresses of their contemporaries; but if anyone can find a publication in this directory list that he likes better than SUGGESTION, we want him to subscribe for it even if he cannot continue on our subscription list. Truth is free, and those who would muzzle her will receive little reward for the favors. Read all journals—prove all, and hold fast to that which is good.

Do not expect your friend to do as you do and think as you think. This diversity of thought and action aids the growth of both souls.—Geo. D. Tripp.

Notes and Comments

In the December, January, and February issues of "Suggestion," appeared articles by Dr. Parkyn in which he admitted the efficacy of Christian Science therapeutic methods in certain cases, but held that all cures are only made by one method—through the application of natural inherent forces, stimulated or aroused by proper suggestions, reinforced by right living.

Mr. Alfred Farlow of Huntington Chambers, Boston, Mass., who is the head of the Christian Science Publication Committee for the United States, has replied to Dr. Parkyn's statements. Mr. Farlow's articles began in the April issue and are completed in this issue. By reading the complete series the reader will be in possession of the most weighty arguments, pro and con, dealing with this question. Dr. Parkyn and Mr. Farlow are both acknowledged authorities in their respective fields of work and in these articles we have statements coming from those who are in a position to speak with authority.

Psychology in Medicine

As showing the trend of modern medical thought an interesting editorial appeared in the Indianapolis "Star" of March 26 bearing the above title. Unquestionably the progressive physician now admits that the curative elements are not altogether in his drugs. A few years ago the doctor imagined that his drugs cured disease.

But as he has seen so many happy results when no drugs were used he has been forced to modify his opinions. This modification of opinion will go on until finally it will be recognized by all that drugs have no remedial value, *per se*, whatever. Doctors will reach the conclusion but slowly, as they will not like to admit that they wasted four years at college studying about symptoms and drugs. Here is a portion of the editorial referred to:

An article in a recent issue of the *New York Medical Record* treats of psychological aids in the treatment of physical disease in a way that will at once please and enrage all classes of mental "healers." Its author, Dr. Savidge, is a physician, a "regular" of regulars, but he frankly admits that there is a certain intangible quality among the resources of medical men which makes one man's calomel or digitalis better than another man's. It is not a new thing, of course, to say that the physician must influence the patient's mind. All medical students are taught that they must establish the patient's confidence in themselves and that the stronger this faith the sooner will the sick man show signs of improvement.

Dr. Savidge goes further than this, however, and shows what the scientific basis of this recovery is. Fear and anxiety, he says, cause a destruction of the red corpuscles of the blood, which are the practical basis of life itself. "Thus the citadel of a man's vitality is exposed to an attack from an intangible thought." Conversely, he asserts, there can be a mythical addition to this citadel by stopping the loss, and this may be done by quelling the anxiety, which can be achieved by the practitioner who is the best available exponent of wisdom, honesty and skill and symbolizes these things to his patient.

The newspaper clippings given below may or may not be true; at least similar cases have happened and observers and students of psychic phenomena know that life and death often depend upon mental conditions.

When a sick person is firmly convinced that he will die, certainly his recovery is doubtful:

LOOKED ON HIS OWN DEAD FACE.

Ghost Editor *New York Globe*:

STR—In May, 1902, my husband was in poor health, so I asked him to remain home a few days, and he did. One day he sat reading a book. I sat near him. He closed his eyes for a moment, when suddenly he jumped up and went to the window.

I asked, "What is the matter, Paul?" He said: "Nellie, get my insurance increased." "Paul, please tell me what has come over you," I asked of him. He said: "I don't like to tell you, Nell, but as I sat reading I saw a casket in our parlor. I looked in the casket and I saw myself. There was a plate on the casket and on it I read: Paul Turner, died Oct. 18, 1902, aged thirty-six years and four months."

In a few days he went back to work and kept busy until Sept. 22, when he became ill again. On Oct. 18, 1902, Paul Turner died, aged thirty-six years and four months.

MRS. NELLIE TURNER.

Brooklyn, March 21.

DIES AFTER TELLING OF VISIONS OF HIS END.

Washington, Pa., March 27, 1905.

"I'm going to die! I dreamed I would and I know the dream will come true!" excitedly declared Thornton Auksum, a Coal Center negro, as he rushed into a drug store Friday evening and asked for Dr. B. G. Frantz. Auksum's announcement was greeted with a laugh.

"I went to sleep on a couch," Auksum said, "and dreamed that I was dead. I saw myself die. Oh, it was awful—awful!" Dr. Frantz gave Auksum a sedative and tried to calm him. Twenty-four hours later Auksum was a corpse. In the afternoon he was seized with severe pains about the heart, sank rapidly and died. It is believed his death was due to fright.

Good resolutions must have their sails filled with the winds of determination, and be guided by the rudder of relentless endeavor; lest they be dashed in pieces upon the rocks of weakened purpose, or lost in the whirlwind of nothings.—C. H. Dodge.

* * *

Character is power. Hang this motto in every school in the land, in every home, in every youth's room. Mothers, engrave it on every child's heart.

QUERIES

What to Do for the "Blues"

EDITOR SUGGESTION:

I suffer greatly with attacks of despondency—blues I suppose most people call them. Medicine does not relieve me and I don't understand why I should be afflicted like this. There is no reason I know of why I should be like this. I have really nothing serious to worry over, and my home life is all that could be desired, excepting for these horrible blues which become unbearable at times, and I know make me hateful to my family and friends.

My general health is fair although I am bothered a little with constipation, but I have had this nearly all my life.

Won't you tell me what I can do to improve matters?

Wis.

MISS —— A.

(Turn to the first query answered in the query column of the April SUGGESTION, carefully read the reply to that query and follow the advice given therein.

The fact that you suffer from constipation indicates to me that you do not drink sufficient liquids and your general elimination is poor. The waste products remaining in the body, the blood supplied to the brain is tinged with them and the depressed thoughts are the result.

Auto-suggestion will assist you greatly in bringing yourself into perfect mental and physical health and to this end I would suggest that you send for a copy of my book on auto-suggestion now in the printer's hands. It will give you full instructions for the self-treatment of your own case. The price of the book is seventy-five cents, or it will be sent to you as a gift if you secure a new subscription for SUGGESTION.

Editor.)

Nail-Biting Habit

EDITOR SUGGESTION:

I have been an interested reader of SUGGESTION for several years and have gained much personal benefit through reading it. It has also enabled me to help my children in many ways, but I have one boy who has the nail biting habit and I have failed so far to break the habit. I may tell him to stop it fifty times a day but a few moments after my reproof he goes at it again. He does not do it wilfully I am sure for he is always willing to stop when I speak to him. I have never seen anything about this habit in SUGGESTION and it is so common among children (and even grown people) that I am sure a few hints what to do, from you, would be serviceable to many of your readers who are parents.

P. M. B.

(I gave some advice on this subject through SUGGESTION several years ago in answer to a similar query, and as my treatment

of this habit today is exactly the same as that given at the time I replied to the query before, I append my previous answer:)

The habit of biting the nails is a difficult one to cure in children under twelve years of age. Up to this age suggestion should be given, not only when the child is in the suggestive state, but at all times. Do not reprove the child harshly at any time, but let your suggestions be assumptive ones, and let them be repeated at every opportunity.

Use such suggestions as:

"You are going to please mamma by not biting your nails; you are giving up the habit; you wish your nails to grow long and pretty; every time you find your finger in your mouth you will remember that when you take it away you make your mother feel very happy."

Whenever the opportunity offers, say to a friend or stranger in the child's presence:

"He is growing so obedient and is giving up biting his nails; see, don't they look pretty since he gave up the habit? He is doing his best to please us all by giving it up."

Sometimes it will pay to offer the child a reward from time to time if he allows the nails to grow. Remember that a habit is always formed by repetition, and if the child can be bribed to stop biting, he soon forms the habit of not biting.

After a child has reached an age at which he can reason fairly well, it pays to point out to him logically the advantages of giving up the nail biting. Point out the fact that nail biting spoils the shape of the ends of the fingers and the finger nails; that it is a very disgusting habit for others to witness, etc.

As soon as the child admits that he is anxious to give it up and will promise to stop the biting the instant he becomes conscious of having his fingers in his mouth, a great deal has been accomplished. It now remains for the parent or teacher to apply suggestion in such a way that every time the victim puts his fingers into his mouth he will become conscious of the act.

To accomplish this, use suitable suggestions in a strain somewhat similar to those given above. Also give suggestions such as:

"The instant the desire to put your fingers to your mouth comes to you, you will become conscious of it, and you will have will power enough to keep the fingers away from the mouth."

These suggestions should be repeated at every opportunity. Five hundred times a day is not too many. Other means may also be used to make the child conscious of the act of putting the fingers to the mouth, such as wearing tips of gloves on the fingers, or dipping the finger tips in bitter solution, etc.

Remember that the object of the treatment is to get the child to go for a couple of weeks without biting the nails once. If this can be accomplished the habit will be broken, provided the co-operation of the child has been secured.

COMMON SENSE PHILOSOPHY

BY CAPT. L. W. BILLINGSLEY,
LINCOLN, NEBRASKA.

Persistency and Poise

MANY souls in this life seem to drift along in a nebulous state, purposeless and enervated, lacking the fire of energy that would lead them into the creative currents of life, to be moulded by its discipline, directed by its subtle potencies, and in touch with its higher inspirations.

Among certain New Thought idealists, there is a great deal of "hot air" talk about waiting for great results in the "holy silence" with "divine patience," and that benefits are realized in direct ratio to mental vacuity and spiritual laziness. We attain things through activity, held in perfect harmony to Infinite Energy. Circumstances are fluidic, ready to flow in any direction; to take on forms and moulds.

Energy of thought and spirit are the controllers and creators of destiny. Life is determined by two factors, thought and conduct—and conduct is conditioned chiefly by thought. Work, physical and mental, is an incarnation of Eternal Energy. Back of all work is a subtle power, calling for faithfulness, integrity, thoroughness, accuracy, patience—these unseen things are woven in the complete soul.

It is your business and my business to control circumstances and not be their victim—a prisoner of environment. A potential remedy, for all our troubles lies within us, but much of the time we rest in the meshes of enervating habits. We all can have a large measure of heaven each day, in the faithful discharge of our duties, and making the best of our opportunities. It is our duty to discern and align ourselves within the invisible and beneficent forces of life—each has its antithesis—we perceive knowledge and ignorance, courage and fear, virtue and vice, love and selfishness, lofty ideals and degrading conceptions, uplifting spirituality and sensuous materiality.

Permanent happiness can only be attained along the line of excellence. Man's redemption is to be attained in the mode so tersely and forcefully stated by the sage of Concord—"The revelation of Thought takes man out of servitude into Freedom."

HAPPINESS

A. B. DAWSON, 1752 S street, N.W., Washington, D. C.: What is the secret of happiness? 1. A congenial occupation. 2. A poised mind. 3. An holy unrest actuating one to do things for the betterment of mankind. 4. Interest in and love for all of God's creatures. Anyone combining these requisites to a happy life, can't be otherwise than joyous. Live much in God's out-of-doors and shut one's eyes to distortion and inharmony. We take to each experience whatever state of mind we happen to be in. If our prevailing thought tones are abounding in cheery, fullness, then each experience is also on that plane. We make our environment.

* * *

What Editors Say About Happiness

From J. A. FOWLER, Editor of *The Phrenological Journal*, a journal of advanced thought, Fowler & Wells Co., 25 E. 22d St., New York City, N. Y.

1. Happiness is a state of mind brought out in the character by a firm resolve to make the best use of life for the benefit of humanity.

2. True happiness is within the reach of every person, if that one will feed his soul with lofty aims, cheer it with kindly deeds, sweeten it with endless effort, and divorce his mind from all dark, hopeless thoughts.

3. The state of happiness is to be desired by every one. Gaiety is not happiness. Wealth, transient and physical pleasures do not produce happiness, but hard work, difficult experiences, even suffering of mind, will often bring about the desired state of happiness.

4. Taking it that true happiness is possible to every human being, a great incentive to human endeavor would not be removed, but rather intensified, for happiness must not be confused with pleasure, and happiness for its own sake is not to be desired.

5. The chief aim of life should be to live as close to one's true ideal as possible, and develop every faculty of the mind; hence to strengthen one's character by making the most of every opportunity. One's aim should be to cultivate a spirit to work for the community.

* * *

From HENRY HARRISON BROWN, Editor of *Now*, a magazine of advanced thought, 105 Steiner St., San Francisco, Calif.:

1. It is that mental state where there is no consciousness of self in the mere joy of existence.

2. Certainly, through concentration upon noble thoughts.

3. Certainly. And I believe it is the ultimate condition of every person.

4. No. The condition today is one of Necessity because man's ideals are low and he must be driven. But as he unfolds he builds higher ideals and is drawn into endeavor by them. Doing what one loves is happiness. Doing what one is forced to is the opposite. Happy persons live the ideal life and find all possible incentive in realizing that.

5. This question is not definite. If it means the chief aim of the individual, I answer—Happiness. Every human act is caused by that motive. Self-protection is a means to happiness. If the question means the aim of the Absolute in life, then I must answer—Human life has for its purpose the expression of the moral and intellectual possibilities of Infinity. It has for its purpose the conscious expression, in Love and Truth, the divine possibilities.

* * *

From E. ELMER KEELER, M.D., President of the International Health League, and Editor *Good Health Clinic*, a magazine of advanced hygiene, Syracuse, N. Y.:

Now as regards happiness: I have always held that man wants but little here below—a little food when hungry, although most of us never wait to get hungry; a little money in your vest pocket; a few clothes according to the climate and the commands of Mrs. Grundy, and a little woman to love. I have the above and so I am happy.

From ELIZABETH TOWNE, Editor of *Nautilus*, a magazine for those who are alive, Holyoke, Mass.:

1. Happiness is the agreeable sensation produced by ready adjustment of the individual to his changing environment.
2. Yes.
3. Assuredly. Otherwise why seek it?
4. Yes—with some people; or with all people on some planes of growth. Happiness is a sugar plum held out to babies, to coax them to effort. It is the every-day food of him who has learned to direct his energies intelligently.
5. The chief end of all life is to glorify good and *enjoy* it forever.

* * *

From V. G. LUNDQUIST, D. Sc., Editor *Human Culture*, a magazine of advanced thought, 130 Dearborn St., Chicago, Ill.:

1. Happiness is a state of bliss. It is not so much a physical condition as it is a spiritual. Happiness is joy; it is peace of the soul.
2. Yes, every intelligent person who understands the laws of spiritual unfoldment can eventually reach a state of happiness.
3. Yes, it is desirable since it means salvation of the soul.
4. Happiness is the incentive to human endeavor.
5. Happiness, salvation, health, wealth, success and fame.

* * *

EDWIN HURLBUT, Pasadena, Calif.: In the absolute consciousness of my oneness with all that is (worlds without end) abides an ineffable joyousness which transcends my old ideas of happiness as sunlight does the shadow. I am Happiness.

* * *

MISS NELLA WEDDELL, Claypool, Ind.: Happiness is that serenity and tranquillity of mind that results from a life lived in accord with the supreme Author of Being.

* * *

WM. HAWKS, 448 Washington Blvd., Chicago, Ill.: Happiness is a knowledge that you have acted and lived wisely and that your efforts are appreciated, or in other words, a knowledge that you are right. Happiness is in the reach of the average person and is a state to be desired. The reason we are not happy is that we are ignorant and unable to discriminate between right and wrong.

* * *

G. M. WHITMORE, Minneapolis, Minn.: "Happiness is the reward for right thinking, right living, and right doing."

* * *

DANIEL ROBERTS, Delamar, Nevada: "Man's inhumanity to man makes countless thousands mourn." Then man's humanity to man makes countless thousands glad, ought to make the peace and happiness that passeth the understanding.

* * *

PETER DESMOND, Barker Creek, Mich.: Pure thoughts, virtuous actions and kindness to all of God's creatures. This is real happiness.

* * *

DR. CARL STRUEHL, 540 Ashland Blvd., Chicago: Happiness means contentment with ourselves and the things which concern us.

* * *

GEO. D. TRIPP: Happiness is the gratification of one's desires. It may be mortal or immortal. The habitual transgressor is happy in the perpetuation of his vices while the righteous man is happy in his knowledge of the truth and his loving service for his fellow men.

* * *

F. A. EMMONS, East Canaan, Conn.: Happiness is a sort of cheerfulness that comes from right doing and is the result of thinking, acting and living as suggested by our best consciousness.

* * *

DR. HOYT, Green Lake, Wash.: Happiness comes from within, not from without. If you would have perfect happiness, seek to have perfect self-control.

* * *

J. LEPPER, Auckland, N. Z.: Our highest happiness is always found in ministering to the well-being and enjoyment of others. Thus illustrating the saying of the great teacher, "It is more blessed to give than to receive."

Advanced Thought

"Thou Shalt Not Kill"

Kings and Emperors are surprised and horrified when one of themselves is murdered, and yet the whole of their activity consists in managing murder and preparing for murder. The keeping up, the teaching and exercising of armies with which Kings and Emperors are always so much occupied, and of which they are the organizers, what is it but preparation for murder?

The masses are so hypnotized that, although they see what is continually going on around them, they do not understand what it means. They see the unceasing care Kings, Emperors and Presidents bestow on disciplined armies, see the parades, reviews and manoeuvres they hold, and of which they boast to one another, and the people eagerly crowd to see how their brothers, dressed up in bright-colored, glittering clothes, are turned into machines to the sound of drums and trumpets, and who, obedient to the shouting of one man, all make the same movements; and they do not understand the meaning of it all.

Yet the meaning of such drilling is very clear and simple. It is preparing for murder. It means the stupefying of men in order to convert them into instruments for murdering.

And it is just Kings and Emperors and Presidents who do it, and organize it, and pride themselves on it. And it is these same people whose special employment is murder-organizing, who have made murder their profession, who dress in military uniforms, carry weapons (swords at their sides), who are horror-struck and indignant when one of themselves is killed.—Leo Tolstoi.

Vigilance in watching opportunity; tact and daring in seizing opportunity; force and persistence in crowding opportunity to its utmost possible achievement, these are the martial virtues which command success.—Austin Phelps.

* * *

"Keep pushing; 'tis wiser than sitting aside and sighing and watching and waiting the tide. In life's earnest battle they only prevail who daily march onward and never say fail."



Experiences

Is This Telepathy, or What?

The undersigned writer intimately associated with a friend from 1851 to 1870. My friend is my senior some fifteen or twenty years, and we have not met in thirty-five years, both of us have been married and raised grown families, and for thirty years have lived thirty or forty miles apart. On last year I expected to go into the vicinity of my old friend and begun to talk to my wife about this old friend and tell her how intimate we were fifty years ago, and told of some of his peculiarities and what we did together in the long ago. Along through the day as I traveled towards where my old friend lived, and stopped at some towns I spoke to other old friends and acquaintances who had known both of us for forty years or more. Finally I got within three miles of my friend and his family and stopped at the railroad town over twenty-four hours, but failed to get out to his farm and see him in person, but I talked with some of his acquaintances in the town. Since then I have learned that he begun to talk to his family, wife and children about me the first day I begun to talk about him, when I was forty miles away from him, and he expressed a desire to his family to meet me again, and said to them he did not know whether I was dead or alive, but if I was yet alive he would be so glad to see me, and have a long talk with me. He kept up his talk with his family for the two days that I was talking about him and his life long years ago. We did not meet, nor have we met. Will somebody explain this communication? And if others have similar experience, write us.

CYRUS T. HOGAN.

Houston, Texas.

The man who succeeds must always in mind or imagination live, move, think and act as if he had gained that success, or he never will gain it.—Prentice Mulford.

* * *

“Count that day lost whose low descending sun
Views from thy hand no worthy action done.”

Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boil them down. Open to all.—EDITOR SUGGESTION.

Mr. Farlow Answers Mr. Foster

Boston, Mass., May 20, 1905.

EDITOR SUGGESTION:

DEAR SIR.—In the May issue of your magazine, R. F. Foster consumes considerable space by declaring and reiterating in various forms his inability to understand Christian Science. The gentleman assumes that the text-book is not capable of being understood because he, a person "confident of an ability to grasp any proposition," has failed to understand it.

Since thousands of well-informed persons do understand the book, would it not be in better taste for our intelligent friend, to frankly admit a lack of scholarship in spite of his self-confessed "ability to grasp any proposition?" Perhaps he has not deemed it worth his while, and, therefore, has not put all his wonderful grasping ability into it. If one failed to grasp and apply a mathematical rule which is quite commonly understood and used by others, he would scarcely venture to subject himself to the public humiliation of declaring that the rule is incapable of being understood, but would at once recognize his own lack of accomplishment and remain silent. In other words, he would charge the failure to his own lack of scholarship instead of that of his neighbor. One would not expect to understand mathematics by a mere perusal of a text-book; he would expect to use the examples for practice which were given under even the simplest rule, and thus prepare himself to grasp the next higher proposition. Likewise, in Christian Science one must begin with the first lesson and practice that well before being capable of understanding the second lesson, for it is indeed a Science and must be so treated in order to be understood.

Does our critic fail to comprehend the Scriptural teaching, "God is Spirit?" If so, and he is unwilling to take it for granted that the statement is correct and prove its truth by demonstration, he is indeed a hopeless victim to mortal ignorance, but I am not willing to believe that such is the case. Indeed, I am not willing to treat seriously any part of his lengthy dissertation on the subject in question.

To those who are willing to become "as a little child," the Christian Science text-book is simple and clear, and it is folly to assert that Mrs. Eddy's followers do not understand it, since they are able to demonstrate it with scientific certainty in healing sin and sickness.

Christian Science teaches that God is Mind, Spirit, Life, Truth, Love; that the universe is the infinite expression of Mind. These are the premises of Christian Science, as stated in "Science and Health," and every statement contained in the Christian Science text-book is consistently deduced from its premises. The ideas of Truth are better understood by those who practice them.

Yours sincerely,

ALFRED FARLOW.

(Mr. Farlow, whose communication appears above, is the head of the Christian Science Publication Committee for the United States. Anything Mr. Farlow writes in his official capacity is authoritative. In SUGGESTION for December, January, and February, Dr. Parkyn, editor of this magazine, contributed some articles in which he held that Christian Science healing was the same as any other kind of healing, and that all healing is natural, the result of psychical processes, which may be influenced by suggestion, knowingly or unknowingly. Mr. Farlow answered in the March, April, and May issues, and those who wish to become fully informed regarding the question of mental healing and Christian Science healing should read all the articles, which fully cover the ground. Mr. Farlow's article above is in reply to an article contributed to the May issue of this magazine by Mr. R. F. Foster, 901 Whitehall Building, New York.—E. E. C.)

An Interesting Letter from Dr. Eugene Murray-Aaron

EDITOR SUGGESTION:

Just as it was with Mr. Foster, as he tells us on page 261 of your May issue, so was it with me. A very prominent New York publishing house offered me a remarkably handsome cash payment and an equally tempting royalty if I would put Mrs. Baker Eddy's book, "Science and Health," into English sense. For many years much of my time has been given to reducing the words of such thinkers as Spencer, Huxley, Haeckel, Cope, Wallace, Virchow, Kussmaul, and others of their ilk to such phraseology as would make their teachings plain to the ordinary magazine reader. It has fallen to my lot to reduce the facts of mathematics, astronomy, physiography, and anthropogeography to vernacular medium digestible by those not particularly read in those sciences. In these tasks I have met with success, if the sales records and recurring calls for such work are to be taken as criteria.

But, "Science and Health" was far beyond my reach; I could not understand it, much less explain it to others. Nor could I, after long conversations with "leaders" of the cult in Boston, New York, and elsewhere, find anyone who could explain it to me. I lived for nearly a year in the home of a pillar of the "Scientist" (sic) faith, in New York; a woman who had broken her leg and called in a surgeon to dress it, without letting that fact become known; but one, nevertheless, who was in high favor with the Eddyites. At her house I met several prominent in the organization, among them "Mother" Baldwin, a lovable old zealot, who later ran a rusty nail that was in the joist of an attic roof, into her head, and died under the most horrible circumstances from gangrene. None of those I met there, or elsewhere, could explain sentence after sentence I called to their attention. All, however, agreed that an incontrovertible statement was shown by its quality of reversal with remaining truth. "God is Love;" "Love is God." Such sentences were harped on. Mrs. Baldwin assured me that all truths were capable of this reversing process, though she tired of the subject, quickly, when confronted with the formula—"Death is Peace;" "Peace is Death."

Mr. Foster makes an excellent point in his quotation from Mr. Farlow. Mr. Farlow's "materiality of the senses" is an excellent example of the half-baked intellectuality of the average Eddyite. I have repeatedly made the assertion in print, reaching literally millions of readers, that nowhere among the Christian Science ranks is there to be found one person honestly entitled to the name "scientist" in the higher or honorable sense. Not one really learned and grounded in any one of the sciences; not one who by any learned body of his fellows has been recognized as a master of any of the natural sciences, as a logician, or as a philosopher; no one, in fact, trained by long study and experience in the schools of pure reason.

Judges of petty courts, teachers in high schools and minor colleges, versatile writers for the newspapers, there are—and much vaunted—among them. However, as preposterously amusing as are Mrs. Eddy's vagaries and the linguistic gymnastics whereby she and her followers attempt to explain the unexplainable, are they any more remarkable than the stand of your journal, of which you tell us that it "is opposed to the internal administration of drugs as curative remedies?" The primary meaning of the word "drug" (*vide* Standard Dictionary), is "any substance used as medicine." Whether you know it, or not, or however you or the casual reader regard it, the orange for breakfast is, in the exact sense, a drug taken to prevent or remedy a tendency towards constipation. Whether taken as an extract, in tablets, in drops, or from the orange, the juice of the orange is a drug. In lavage of the stomach, in the superabundant use of water so frequently praised by you, water is a drug. What SUGGESTION is really opposed to, I take it, is the indiscriminate use, the first resort to concentrated and powerful drugs; to what is frequently termed "dosing." Am I not right? Or, are you truly opposed to the use of internal medicines at all times and for all purposes? If so, how does SUGGESTION propose we shall deal with one far on towards death from loss of blood, or in the throes of an ordinarily fatal dose of some narcotic poison, or bordering on the tetanic spasm due to an infected wound from a nail or splinter, or stricken with the effects of such a wound as killed William McKinley?

EUGENE MURRAY-AARON.

NATURE CURE

Tuberculosis

Some one writes to Dr. C. S. Carr, editor of "Medical Talk for the Home," Columbus, Ohio, as follows:

I am a victim of tuberculosis of a year's standing, same resulting from a bad cold. Am now taking a medicine that I got in New York. Have had sputa examined three times since August 1, 1904. Next to the last examination our doctor stated that the number of germs was already diminished. The last one (March 10) shows about same number of germs, but all of them only half-grown, or half as large as they were at previous examination. The doctor states he does not know whether this is a good sign or not. Can you tell me? It would seem to me that if they were only half as large as formerly that something was stunting their growth. So far as I can learn the medical profession does not know what this signifies.

Dr. Carr's answer is as follows:

I would not be able to decide this matter of tuberculosis germs. In the first place, I have very little confidence in such examinations. A good microscopist is able to find the germs of tuberculosis in almost any specimen of sputum. I do not place very much reliance in such examinations. My skepticism on this subject does not depend on ignorance, either, for I have had the very best opportunity of knowing exactly what can be done in the very best bacteriological laboratories of this country.

If you have tuberculosis the very best thing you can do is to quit taking medicine, get your mind off of the fact that you have tuberculosis, keep out in the open air, doing some active work as far as your strength will permit, and give your disease no further thought. Corresponding on the subject and taking medicine, reading over the alleged examinations of sputum that some expert is making for you, all these are the most harmful things that you could possibly do. They would make a well man sick, and consequently they would make a sick man sicker.

There is no medicine for tuberculosis. Nothing but sunshine and fresh air will do a particle of good.

Whether the doctor finds many or few germs in your system, or whether they are big ones or little ones, is all a matter of small import to me. Such investigations do nothing but harm, as they keep the mind of the patient dwelling on his troubles, and do not give the doctor any indication whatsoever as to what remedies should be used. The principal use of such examinations is to furnish a pretext for charging a nice fee. I may be wrong, however. This is only my opinion.

Life never turns its best side toward us until we have turned our best side toward it.—Marden.

* * *

Every industrious person should try his hand at something and if he does not succeed he should try both hands.—Marden.

* * *

Whatever people may think of you, do that which you believe to be right. Be alike indifferent to censure or praise.—Pythagoras.

HYGIENE

Just Breathe.

Don't take a stimulant. Just breathe. This is the advice of a doctor who does not believe in the old medical policy of mystery, but who undertakes philosophically to explain to any patient why such and such a remedy should be beneficial.

"When you are 'let down,'" continued this physician, "don't take a cocktail. Just breathe. Put your finger on your pulse and get its rhythm. During eight beats draw in the breath, breathing deep and low, and forcing the diaphragm down first, then filling the upper lungs. Then exhale this breath during four beats of the pulse.

"Now, if you are working with a piece of machinery, say a typewriter, what do you do to make it run more smoothly? You don't put a lot more oil on it, and gum and clog it all up. You clean it first. You can best clean the blood by breathing. The blood passes through the lungs, and it needs and expects to find plenty of fresh air with oxygen in it. If it can't find perfectly fresh air, it needs more air which is not perfectly fresh. It needs to be cleaned by contact with the air.

"Once in a while hold the lungs full of breath as long as you can without expulsion. In doing this you are simply cleaning the machine. You are cleaning the blood. At the same time you are giving that little fillip to the action of the heart and the nervous system which you thought you were giving when you took the cocktail. In the latter case you didn't clean the machine. You simply ran it a little faster and gummed it up a little more. You can get the same results, the same feeling of exhilaration and of accomplishment, without taking the cocktail, and at the same time the machine will steadily improve in its running quality. Breathe the best air you can get, and plenty of it. It is as necessary as food. The heart and lungs act involuntarily. In a hurried business life they become too involuntary. In that case don't take a cocktail; just breathe."—Philadelphia Telegraph.

But indeed conviction, were it never so excellent, is worthless till it converts itself into conduct.—Carlyle.

Psychic Research

Multiple Personality

London, April 8.—An astonishing case of a girl possessing ten separate and distinct personalities within twenty months is being much discussed in medical circles.

The girl was the patient of Dr. Albert Wilson, and so remarkable was the case that Dr. Wilson laid it before the committee of the Medico Psychological Association. Many members of the body were skeptical at first, agreeing that the manifestations undoubtedly were genuine, but they were unable to offer any explanation of the occurrence.

Dr. Wilson also reported the case to the Psychical Research Society, which now has published the details in its proceedings.

CAUSED BY INFLUENZA.

In April, 1895, the girl, who was then under 13 years of age and indifferently educated, had an attack of influenza. After remaining in bed for ten days, she went out into the cold air and suffered a relapse. Within the next two days she was on the point of death, but gradually recovered strength.

Then there began to appear in succession the ten personalities, the last one of which occurred a year and eight months after the first and took the form of blindness and imbecility. Now at the age of 22 she is in good health, the best of her personalities that showed itself having been educated and developed.

The personalities manifested themselves as follows:

First personality, April, 1895, acute mania, intense fear, with blindness and illusions as to the presence of snakes, and craving for oranges and lemonade.

Second personality about a month later, a simple child with reversed ideas as to writing and speaking. She repudiated her name, but would respond on being referred to as "thing."

TRIED TO EAT CLOTHING.

Third personality, July, 1895, physical health improved. She now became very passionate, attempting to eat her clothes. She could read and write, though unable to do so when possessed of personality No. 2.

Fourth personality. In August, 1895, she became a deaf-mute and failed to hear loud noises close to her ears, but could speak in deaf and dumb language.

In her fifth personality, December, 1895, she again reversed things, called black white and thin people fat. She spelled backward, but wrote forward. She believed she was three days old, but understood everything that was going on around her.

SIXTH BEING CULTIVATED.

The sixth personality was in May, 1896, when she appeared as a sweet child, but totally ignorant of spelling, reading and writing. This is the personality that is now being developed satisfactorily.

In the seventh personality, that of June, 1896, she remembered clearly her early childhood, but not her illness and subsequent period. This stage lasted a fortnight.

The eighth personality, in June, 1896, came with a complete loss of memory. The patient believed she had been born the day before. She called her father Tom and her mother Mary. It lasted three days.

INFANT, BUT TALKS FRENCH.

In the ninth personality, October, 1896, the transition came gradually. Fits of temper were noticed, she talked like a young infant and could not walk, but she could speak a little French, of which language she was quite ignorant in the normal periods. The tenth personality, December, 1896, was a blind and imbecile stage.

DIRECTORY OF Advanced Thought, Hygienic and Reform Publications

In this directory, which will be corrected, amended and published from time to time, will appear a brief description of all papers devoted to advanced thought, new thought, metaphysics, practical psychology, psychic research, occultism, astrology, hygiene, dietetic reform, suggestive-therapeutics and allied subjects.

Additional names of publications will be added as soon as received; editors and friends are requested to send copies of publications devoted to advanced thought and reform; religious, spiritualistic, political, business or purely literary publications or publications on general lines will not be listed. It is desired to make this directory complete and accurate, and the co-operation of all friends of advanced thought is asked for this purpose. There is no charge for this service.

The subscription price of foreign magazines given includes postage; foreign postage on American publications is one-half the subscription price.

Next month it is hoped that this list will be far more complete.

ORIENTAL BREEZE, devoted to "oriental religion, metaphysics, philosophy, psychology, occultism and current events." Monthly; — pp.; \$1.00 per year. *A. G. Van Haafsten*, Editor, Winfield, Kan.

* * *

THE OCCIDENT, devoted "to the study of soul growth through self-development effected by the intelligent application of the higher laws." Monthly; 4 large pages; 10 cents a year; *Miss L. Frances Estes*, Editor; 124 Highland street, Brockton, Mass.

* * *

THE BUSINESS PHILOSOPHER; devoted "to the principles determining the evolution of success," showing how thought force may be used in business matters; a psychological publication for business men and women; monthly; \$1.00 per year; The Science Press, Republic Building, Chicago.

* * *

THE SCOTTISH HEALTH REFORMER AND ADVOCATE OF RATIONAL LIVING; devoted to nature cure, vegetarianism and reform in all matters relating to health, diet and hygiene; monthly; six shillings per year, postpaid; Paisley, Scotland.

* * *

THE NEW CRUSADE; the reformation of dress is one of the most important objects of *The New Crusade*, which is an endeavor to find a cure for the degrading materialism of the present day in a return to that simplicity of life and thought which is characteristic of all primal and national vigor; — pp.; — per year; 8 Queens Road, Bayswater, West City, London, England.

* * *

PRIMITIVE OCCULT JOURNAL, devoted "to the wonderful possibilities of the Human Family and the Godly powers within all"; monthly; 20 pp.; \$1.00 per year; Editor, *Dr. A. B. Hamel*, Helena, Montana.

* * *

THE OCCULT REVIEW, a monthly magazine devoted to the investigation of supernormal phenomena and the study of psychological problems; — per year; Editor, *Ralph Shirley*, 164 Aldersgate street, London, E. C., England.

* * *

THE MAZDAZNAN, "a magazine of modern thought for Mental and Physical improvement; monthly; \$1.00 per year; Otoman Zar-Adusht-Hanish, Chicago, Ill.

THE STELLAR RAY, "a weekly paper devoted to planetary influences"; ____ pp.; ____ per year; Editor, ____; Astro Publishing Co., Detroit, Mich., U.S.A.

* * *

INSPIRATION, a magazine of information, inspiration and exhortation; monthly; 30 pp.; 50 cents per year; Editor, *B. F. Williams*, Des Moines, Ia.

* * *

THE WISE MAN, "a periodical dealing in a sound, thorough, not too profound way with the various subjects of Occult Science that are recognized as of practical value to mankind"; monthly; 32 pp.; \$1.00 per year; Editor, *Leander Edmund Whipple*, 500 Fifth Avenue, New York.

* * *

THE VEGETARIAN, devoted to vegetarianism and dietetic reform; monthly; organ of the English Vegetarian Federal Union; ____ pp.; 75 cents per year; 34 Memorial Hall, Tarrington street, East City, London, England.

* * *

NOTES AND QUERIES; devoted to history, folk-lore, mathematics, literature, science, art, arcane societies, etc.; monthly; \$1.00 per year; *S. C. Gould*, Editor, Manchester, N. H.

* * *

THE NEW THOUGHT JOURNAL and Occult Review, devoted to practical idealism and the study of nature's finer forces; monthly; 16 pp.; \$1.00 per year; *Geo. H. Bratley*, Editor, Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

* * *

HEALTH; devoted to physical culture and hygiene; monthly; \$1.00 per year; *Chas. M. Tyrell, M.D.*, Editor, 321 Fifth Avenue, New York.

* * *

VIM; a magazine devoted to mental and physical improvement; monthly; 34 pp.; 50 cents per year; *Edgar C. Beall, M.D.*, Editor, 500 Fifth Avenue, New York.

* * *

PHYSICAL CULTURE; devoted "to subjects appertaining to health, strength, vitality, muscular development and the general care of the body, and also to all live and current matters of general interest, enlivenment, entertainment and amusement"; monthly; 94 pp.; \$1.00 per year; *Bernarr Macfadden*, Editor, 29 East 19th street, New York City, N. Y.

* * *

HEALTH CULTURE; a journal of practical hygiene; monthly; 48 pp.; \$1.00 per year; *W. R. C. Latson, M.D.*, Editor. The Health Culture Co., 151 West 23d street, New York City, N. Y.

* * *

NAUTILUS; a New Thought magazine of optimism and success for people who are alive; monthly; 32 pp.; 50 cents per year; Editor, *Elizabeth Towne*, Department 17, Holyoke, Mass. The Motto of *Nautilus* is:

"Build thee more stately mansions, O my soul!
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—*Holmes' "The Chambered Nautilus."*

* * *

THE NEW THOUGHT MAGAZINE; an exponent of the practical feature of the New Thought as applied in every-day life; monthly; \$1.00 per year; *William Walker Atkinson*, Editor, Caxton Building, Chicago.

* * *

THE NATUROPATH AND HERALD OF HEALTH; devoted to natural healing and living methods, on the basis of self-reform and popular hygiene, hydro-therapy (priessnitz, kneipp and just systems), osteopathy, heliotherapy (sun, light and air cure), diet physical and mental culture, to the exclusion of drugs and non-accidental surgery; monthly; 48 pp.; \$1.00 per year; *Benedict Lust*, Editor, 124 East 59th street, New York.

HEALTH WITHOUT DRUGS; a journal of dietetic reform; devoted to the teaching of the properties of foods in daily use rightly combined and proportioned, by means of which the prevention and cure of disease: opposed to vegetarianism; 5 cents per copy; Miss *Sophie Leppel*, editor, 26 Clovelly Mansions, Gray's Inn Road, London, England.

* * *

RICHES; for the rich in desire and will, to whom all things belong; monthly; 25 cents per year; Ruskin, Tenn.

* * *

THE ADEPT; devoted to astrology, evolution, monism; monthly; 16 pp.; 50 cents per year; *Frederick White*, editor, Markville, Minn.

* * *

THE OPEN ROAD, a magazine for those who believe in out-door life; 32 pp.; 50 cents per year; *Charles Wisner Barrell*, editor, 137 Grant Ave., Jersey City, N. J.

* * *

THE TREND; a journal of fearless originality; monthly; 12 pp.; \$1.00 per year; *Ned Thatcher*, editor; Anderson, Indiana.

* * *

THE LIFE; devoted to Christian Metaphysics; monthly; 48 pp.; \$1.00 per year; *C. J. Barton*, editor; Kansas City, Mo.

* * *

VACCINATION; issued monthly for the Anti-Vaccination Society of America; 50 cents per year; *Frank D. Blue*, editor; Kokomo, Indiana.

* * *

SUGGESTIVE NEW THOUGHT; a magazine of protest for power and prosperity for all who wish Wealth, Health and Happiness; monthly; \$1.00 per year; *W. I. Gordon, M.D.*, Editor, Cleveland, O.

* * *

THE MYSTIC MAGAZINE, published monthly by the Mystic Publishing Company at Framingham, Mass., under the direction of the Eternal and Universal Brotherhood of Mystics; price 10 cents per year; edited by *Ananda*.

* * *

THE AMERICAN JOURNAL OF PROGRESSIVE THERAPEUTICS (formerly *The American X-Ray Journal*); this journal has departments for electrical science, X-Ray photography, Electro-therapy, radio-therapy, thermo-therapy, hydro-therapy, mechano-therapy, and psycho-therapy (suggestion).

The editor is *H. Preston Pratt, M.D.*, published at the Masonic Temple, Chicago. Every progressive physician should keep in touch with all forms of progressive therapeutics and Dr. Pratt's publication is a standard authority. It is doing excellent work in the field of natural healing; such journals strongly point to the time when the natural (drugless) system of healing will supplant all others.

* * *

SUGGESTION, a monthly magazine of the New Psychology for thinkers devoted to Psychic Research, Auto-Suggestion, drugless healing, personal magnetism, advanced thought, health, happiness and success; \$1.00 per year; foreign, 6 shillings; *Herbert A. Parkyn, M.D.*, editor, 4020 Drexel Boulevard, Chicago.

* * *

THE OCCIDENT; a monthly publication for the study of soul growth through self-development, effected by the intelligent application of the Higher Law; 50 cents per year; edited and published by *Miss L. Frances Estes*, Brockton, Mass.

* * *

PRIMITIVE OCCULT JOURNAL; monthly; devoted to the Wonderful Possibilities of the Human Family and the Godly Powers Within All; \$1.00 per year; edited by *Anna Beckwith Hamel*, Helena, Mont.

* * *

EXPRESSION; a Journal of Mind and Thought; monthly; \$1.58 per year; edited by *Alma Gillen*; 147 High St., Kensington, W., England.

* * *

SUGGESTIVE NEW THOUGHT; a monthly magazine devoted to a clear exposition of suggestion and new thought for everybody; 64 pages; price \$1.00 per year; *Dr. W. I. Gordon*, Editor; 133 Colonial Arcade, Cleveland, O.

THOUGHTS NEW AND OLD; quarterly; devoted to science and philosophy of life; the law of financial success and modern methods of mental medicine, etc.; 25 cents per year; edited by *Edward H. Cowles, Ps.D.*, Santa Cruz, Calif.

* * *

THE NEW THOUGHT JOURNAL AND OCCULT REVIEW; a magazine devoted to practical idealism and the study of nature's finer forces; monthly; 16 pages; \$1.00 per year; edited by *Geo. H. Bratley, F.T.S.* Published by the Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

* * *

THE HEALTHY HOME; a journal of common sense medicine, Athol, Mass.; monthly; 50 cents per year; *W. H. Brock & Co.*, Publishers, Athol, Mass.

* * *

BEAUTY AND HEALTH; a monthly magazine for women, devoted to physical culture, health and dress reform, natural foods and sociological questions, etc.; edited by *Bernarr Macfadden*; 50 cents per year; *Spotswood P. O.*, N. J.

* * *

A STUFFED CLUB; a monthly magazine advocating freedom from medical and ecclesiastical rules; devoted to reform in diet and therapeutic methods; advocates a drugless system of cure, based on proper diet. *Dr. H. J. Tilden*, editor; \$1.00 per year; Denver, Colo.

* * *

THE PHILISTINE; a periodical of protest and progress; an exponent of reform in thought, religion, education and the ideals of life; for those who are not afraid; edited by *Elbert Hubbard*. Price \$1.00 per year, and worth it; East Aurora, N. Y.

* * *

THE NEW WAY; a New Thought magazine devoted to the unfolding of the higher life; "it is the purpose of this magazine to give its readers the best expressions of the broadest and most instructive messages of truth upon vital, definite and special theories"; monthly; \$1.00 per year; 1107 E street, Northwest, Washington, D. C.

The Legality of Mental Healing

HARRY ELLINGTON BROOK, in *Los Angeles (Cal.) Times*.

It is announced that the United States Circuit Court of Appeals, sitting at New Orleans, has reversed the decision of the United States Court for the Southern District of Florida, in the case of Helen Wilmans, of Seabreeze, Fla., who was charged with fraudulent use of the mails. It may be remembered that Mrs. Wilmans was a noted practitioner of what is known as "absent treatment." Since then, the United States Supreme Court has decided that mental healing is as legal and legitimate as any other form of healing. This is a sensible conclusion. No intelligent person now ventures to question the great power of the mind over the body, and the influence of suggestion, through the subconscious mind, in curing disease, which is the secret of all cures made by suggestive therapeutics, mental healing, faith cure, Christian Science or anything of that kind. Again, it is pretty well agreed now that there is such a thing as telepathy—conveyance of thought from one person to another, at a distance—nor is this, indeed, any more wonderful than wireless telegraphy. Now, if cures may be effected by suggestion, and if thoughts may be transferred from one person to another at a distance, then absent treatment becomes a reasonable proposition.

It is, however, unreasonable to presume that a person may sit down at a stated time once or twice a day, and think helpfully and effectively about a thousand different persons, in all parts of the world, one of whom perhaps may want to get fleshy, while another may want to get thin. Even here, however, the editor believes that good may be and is accomplished, by auto-suggestion. That is to say, the recipient of the thoughts, knowing that he is being "thought at" at a certain time, suggests an improvement to himself, and so helps himself. At any rate, these people certainly do no harm, if they do little good. There are far more valuable objects for the postoffice department to attack. For instance, the quacks who advertise impossible cures, and the patent-medicine manufacturers, who sell worthless compounds that contain from five to ten times as much alcohol as light wines.



REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

Auto-Suggestion

There has just been issued by SUGGESTION Publishing Co., 4020 Drexel Boulevard, Chicago, a most unique and useful book called "Auto-Suggestion, and How to Use It for Health, Happiness and Success," by Dr. Parkyn, editor of SUGGESTION. As far as I know this is the only book published on this very important subject.

If you know how to use auto-suggestion you know the secret of health, happiness and success. This book tells in unequivocal language just HOW to use Auto-suggestion; it is not theoretical; there is not a dozen lines of theory in the book; it is all fact. Any one who can read can master the secret of success if he has a modicum of will power.

That the reader may understand the full scope of the very important book I give here the table of contents:

CONTENTS.

- Auto-suggestion. What it is and how it operates.
- Auto-suggestion. Its effects and how to employ it to overcome physical troubles.
- Auto-suggestion. How to employ it to overcome mental troubles.
- Influence of early auto-suggestions for the forming of character.
- Auto-suggestion for the formation of habits.
- Auto-suggestion and personal magnetism.
- The cultivation of optimism through auto-suggestion.
- Auto-suggestion for developing concentration.
- The achievement of success through auto-suggestion.
- Auto-suggestion and success.
- Auto-suggestion and breathing exercises.
- Auto-suggestion. Its influence on health in the winter.
- Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering.

I consider the book as one of the most important and valuable that is today before the public. If you get it and are not satisfied return the book at once and your money will be refunded.

If you are an old subscriber you may have the book for 25 cents in addition to the amount of your renewal.

If you send a new yearly cash subscription to SUGGESTION I will send you a copy of the book postpaid for your trouble.

If you are a new subscriber you may have the book without

price if you ask for it when you send your remittance for your subscription.

If you live in Chicago, the price of SUGGESTION per year is \$1.25; if you live in the United States, outside of the city of Chicago, the price of SUGGESTION is \$1.00 per year; the price in Canada, Cuba, Mexico and foreign possessions of the United States is the same—\$1.00 per year. Persons living in foreign countries (except as noted) must send in international money order for six shillings for a year's subscription.

The book on auto-suggestion is handsome, printed on heavy laid paper; binding in linen cloth and gold; 184 pages.

Books Received.

“THE SERMON ON THE MOUNT,” an interpretation by Annie Rix Militz; paper, 136 pp. The Absolute Press, New York.

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“JOHN BROWN THE HERO. PERSONAL REMINISCENCES.” J. W. Winkley, M.D., with an introduction by Frank B. Sanborn. Illustrated. James H. West Company, Boston, Mass. Cloth, 126 pp. Price postpaid, 91 cents.

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“THE POWER OF SELF-FORMATION,” by Leroy Berrier. Cloth; 97 pp. Published by Leroy Berrier, Davenport, Ia.

In the foreword the author says:

“The fundamental propositions of the contents of this booklet, though simple today, have not always been so. In my opinion they comprise the greatest discoveries of all the ages. What is of more importance to the human race than to know that WE ARE JUST WHAT WE THINK and that WE CAN CONTROL OUR THINKING? The truthfulness of these propositions means that self-formation awaits within to be unlocked. The motive that impels me in the production of this booklet is to furnish the KEY that unlocks that power.”

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“SOUL-CULTURE: SELF-DEVELOPMENT.” What it is, and how it is done; by R. Dimsdale Stocker. Cloth, 72 pages. Fowler & Wells Co., 34 E. Twenty-second street, New York city.

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“MIND-POWER AND HOW TO GET IT.” By K. T. Ander-

son. Pamphlet; 35 pages. Fowler & Wells Co., 24 E. Twenty-second street, New York City.

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"MIND-CONCENTRATION AND HOW TO PRACTICE IT."
Twelve simple rules of thought. By K. T. Anderson. Pamphlet; 38 pages. Fowler & Wells Co., 24 E. Twenty-second street, New York City.

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LOST IN THE BOTTOMLESS PIT is a book of over 200 pages, in prose and verse, in cloth, illustrated, published by the author, J. Howard Cashmere, a well-known psychic and lecturer, 1700 Welton St., Denver, Colo. Price \$1.25 by mail prepaid.

A well-known reviewer writes as follows:

"This inspired book will strike the world with the force of a revelation, and mark a new epoch in the realms of advanced thought. One rather startling proposition advanced, is that the *ego* or spirit is the size of a hydrogen atom, which size has now been approximately calculated: the corollary of this proposition is that upon the spirit plane the divisions of time would also be proportionately smaller, which would make one second of our time (a day of the Lord) exactly equal to 1,000 years upon the spirit plane.

"Using the accepted facts of physical and chemical science as premises, the author, by a logical and convincing argument, consistent with monistic philosophy, has spanned the seemingly unbridgeable gulf between the ideal aspirations of human nature, inspired by biblical teachings, and what is known as positive or inductive science, and with one fell stroke has demolished the strongest arguments of those who would have us believe that "death ends all"; removing thus the last vestige of doubt that may have been held about the immortality of the soul, and from his argument arises the corollary that the soul will hold its individuality, formed by the memory of its past experience, forever.

"This book will prove of incalculable value to an unusually large number of people who are interested in psychic phenomena, as the propositions presented place "Multiple personality," hypnosis, insanity, and other subjective conditions in an entirely new light. A long chapter is devoted to psychic development with a full explanation of the methods and means which should be employed to bring out and develop these latent powers; and deep as one may infer the nature of this book to be, the propositions of the author have removed the mystic nimbus which has formerly veiled this subject, and the entire book is written in language that a child may understand."

* * *

DIAGNOSIS FROM THE EYE. A new art of diagnosing with perfect certainty from the iris of the eye the normal and abnormal conditions of the organism in general and of the different organs in particular; 150 pages; 70 original illustrations by Henry Edward Lane, M.D. Price, \$2.00, cloth, prepaid; Kosmos Publishing Company, Chicago.

That the eye is the immediate tie between the soul and the outer world, that it is "the mirror of the soul," is understood by all. But it is almost unknown that it also reflects every single part of the body and that we are able by systematized experiences—the wonderful science of the diagnosis from the eye to recognize with absolute clearness the physical and mental condition of man. "The Diagnosis from the Eye" is a remarkable book, which treats of the discovery that morbid changes going on in the system are making themselves noticeable in the eye, and of the possibility to disclose the inner condition of man by careful observation of the iris, and consequently to make a diagnosis which is reliable in every respect. The insufficiency of the old ways of diagnosis by ausculting, percussing, palpating, examination of the urine, blood, sputum, etc., is admitted by all. Up to the present the followers of the natural method of healing have been getting along by bringing that which was of some value for a diagnosis into a system called "facial diagnosis," which, however, is of little practical value, because it gives but a general diagnosis in most cases. On the other hand, "The Diagnosis from the Eye" always enables us to designate not only the immediately affected, but also the weakest organs of the body; it also throws light upon some of the

most important questions, viz.: the connection of later appearing diseases (sequelas) with the original disease, the probable duration of life, the various directions of the same disease with different individuals, etc.

The background of the eye has been the subject of ardent investigations by the physicians since the invention of the ophthalmoscope; but none of the investigators conceived the idea that we could also diagnose by the so strikingly different and easily perceptible colors of the iris the pathological state of the whole organism. The most important point in the diagnosis from the eye is the *color of the iris*, from which we can get at once a reliable picture of the condition of the body, although first only in general. The diagnosis from the eye sets up the fundamental doctrine: *Azure is the normal color of the iris in all nations of the Caucasian race and all deflections from this rule are signs of deterioration.*

We cannot go more into detail in this limited space, but suggest to everybody to acquire a copy of this highly interesting and useful book, which fearlessly exposes the pernicious consequences of medicinal superstition and lightens the way to happy and harmonious life.

* * *

THE LIVING DECALOGUE, from Sinai to Zion; by W. L. Colville, author of "Old and New Psychology," "The Law of Correspondences Applied to Healing," "Destiny Fulfilled—Fate Conquered," "Text-Books of Mental Therapeutics," etc.

* * *

THE SCIENCE OF SCIENCES; by Hannah Moore Kohaus, author of "Between the Lines," "Remedies of the Great Physician," "Blossoms of Universal Truth," "Fruit from the Tree of Life," "Soul Fragrance." For sale by Liberal Book Concern, 87 Washington St., Chicago.

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VACCINATION STATEMENTS OF A STATE HEALTH BOARD INVESTIGATED. An open letter to Dr. J. A. Egan. Pamphlet of 33 pages, by Alexander Y. Scott. Price 25 cents. The Liberator Publishing Co., Minneapolis.

This embodies the history of an attempt to trace to their origin some recent widely circulated health board statements regarding epidemic of smallpox in communities where vaccination had been neglected. The secrecy maintained by the board in question is likely to strike the reader as pretty strong confirmation of their lack of foundation in fact. The investigation led Mr. Scott farther afield than he at first anticipated. He has taken up and analyzed with care and precision the statistics and arguments offered by the Illinois Board of Health in its free literature on vaccination and smallpox, and in doing this he gives full statistics and official testimony, with citations of his authorities, showing that in order to make a case for vaccination the health boards suppress so much of the figures that it destroys their value as statistics. And the necessity of resorting to such methods speaks forcibly of the weakness of the vaccinator's position.

Altogether this pamphlet constitutes a sweeping refutation of the stock claims for vaccination; and one who would be armed with ammunition to lay low all defenses of vaccination could not do better than to possess himself of this pamphlet.

VOICE PLACING; by Carl Young, 730 B. Fine Arts Building, Chicago; cloth, \$1.00. In a small volume Professor Young has given a new theory of voice training based on the psychic elements and the theory that the subjective powers can be used in singing. He teaches that tone is the result of thought and that a proper conception of tone develops not only the vocal organs but the whole body by action of sympathetic vibrations. Mr. Young has been very successful in his work and those interested in the higher principles of vocalizing should send for a copy of this book.

* * *

FOLLIES AND FAILURES OF MODERN MEDICINE; by Harry Ellington Brook, Editor "Care of the Body" department, "Los Angeles (Cal.) Times." Pamphlet, 10 cents; twelve copies for \$1.00.

If you want to confound the drug doctors get a copy of this booklet. It shows the failures of the medical profession, and quotes ample authority for the statement that drugging is useless as a remedial measure. There are still many honest persons who actually believe that a disease can be cured by swallowing a poison (a drug), and Mr. Brook is doing yeomanlike work in combating the drug delusion. His writings appear every Sunday in the "Los Angeles Times," the only daily in the world that maintains an up-to-date department devoted to rational hygiene. It will richly pay anyone to send 5 cents to the "Times" and get a copy of the Sunday edition.

* * *

A new magazine appears in Seattle, Washington, called *The Golden Age*. The editor says it explains phrenology, physiology, hygiene, heredity; it is published by the Universal Improvement Society, an association for the uplifting of Phrenology, and the promotion of human happiness in its highest sense.

* * *

HYPNOTISM EXPLAINED, by Rev. L. F. Schlathoelter, Troy, Mo. Second edition, fancy silk cloth, 50 cents.

This book treats of all phases of Hypnotism and its kindred phenomena, and contains many of the author's personal experiences from his practice with Hypnotism, showing how you may hypnotize successfully in relieving the sick. It has the following Chapters: The Science of Hypnotism; Hypnotism Defined; The Power of Suggestion and Its Everyday Use; The Power of Hypnotic Suggestion; Hypnotism from a Moral Standpoint; Mind Reading; Telepathy; Spiritism.

"Hypnotism," says the author, "in its widest sense is nothing else than suggestion."

This book, the product of observation and earnest, honest study, is apt to assist in tearing away the false trappings, wherewith fanaticism and humbug have tried to surround Hypnotism. It presents an exceptionally clear analysis of Hypnotism, clear from the chaff so often found under this name. That which we admire most is its candor, its freedom from mystery in handling the delusive doubts so common amongst the great mass of the people.

Those who wish a larger book on the subject should send to the Chicago School of Psychology, 4020 Drexel Boulevard, Chicago, for particulars regarding Dr. Parkyn's work on Suggestive Therapeutics.

Business Talks

BY THE MANAGER

I want to call special attention to the fine, four-page illustrated advertisement of the Motzorongo Company which appears in this number of SUGGESTION.

Mr. William Bagnall who is the central figure in these photographs is an old subscriber of SUGGESTION and I had the pleasure of meeting him at this office about April 20 when he came to Chicago to accompany our editor, Dr. Parkyn, to Mexico to visit Motzorongo.

I have not yet had the opportunity to visit Motzorongo myself but feel thoroughly acquainted with the place having met so many readers of SUGGESTION before and after their visit to Motzorongo, and I have seen the hundreds of photographs Dr. Parkyn has brought back with him after each visit.

Mr. Bagnall was the holder of a good block of Motzorongo stock before his recent visit and the fact that he has taken so large a block of stock on his return (see his letter in advertisement) certainly speaks well for the Motzorongo proposition, for Mr. Bagnall is a hard-headed, far-sighted, shrewd business man and he has grasped the spirit of the Motzorongo Company and sees the great future ahead of the enterprise.

Mr. Bagnall's experience is not new to me, for I have seen many others before and after they visited Motzorongo and I find they all return with the same enthusiasm over the future of the company.

Dr. Parkyn has written to me to say he will return to Chicago shortly to resume the treatment of patients at his office and does not contemplate visiting Motzorongo again before next winter. It is to be hoped that on his next visit a number of our readers will be prepared to accompany him on the trip. However, they will have several months in which to arrange their plans. Meanwhile would it not be well to follow Mr. Bagnall's lead and secure a good block of Motzorongo stock which bids fair within a year or two to become a veritable bonanza.

The company will send a beautiful, illustrated magazinelet on tropical farming to every applicant through this magazine. Ad-

dress your application as follows: The Motzorongo Co., 228 Reaper Block, Chicago, Ill.

All the photos in the magazinelet as well as the photos in this month's advertisement were taken by Dr. Parkyn, our editor.

THIS IS A FREE ADVERTISEMENT

This publication has advertisement bills against the following firms (?) which cannot be collected by any known method, and all publishers are hereby notified to act accordingly:

F. C. Graves Seed Co., Des Moines, Iowa.

Spinal Brush Co., 1153 Broadway, New York City, N. Y.

Dr. White Electric Comb Co., Decatur, Ill.

Anyone noting the advertisement of any of the above in any publication will confer a favor by sending me notice of the same.

Accounts against the above firms are hereby offered for sale—no reasonable offer refused. There is a judgment against the Spinal Brush Co., which will also be included.

ELMER ELLSWORTH CAREY,

Manager SUGGESTION Publishing Company.

4020 Drexel Boulevard, Chicago, Ill.

Buying Water Colors by Mail

Here is a new idea; if you want to purchase an artistic water color picture—a real gem—read the announcement of "Plain Mary" in this number. Miss Plaine's work has received the highest commendations of capable critics; I have seen some of these water colors that are offered to the SUGGESTION readers, and those who order a few sketches for examination will not be disappointed. Mary will ship the pictures by express anywhere for examination; just write her a letter and tell what you wish to pay; some beautiful unframed specimens may be had as low as \$2.00.

Mary will furnish frames if requested, and you may be sure that her selection will please you, as her experience enables her to select the most suitable and artistic combination.

My recommendation to you is to place an order with Mary for your next present. You won't have to pay for it unless it is satisfactory.

Sylmar Olive Oil

One physician is writing long articles to the medical journals in which he seeks to show that by squirting olive oil under the skin

he can cure consumption. It is well known that consumptives need nourishment, and it is equally well known that olive oil is concentrated nourishment in the purest form. But why olive oil should be squirted under the skin instead of being taken by the mouth is a puzzle.

Of course it requires the services of a doctor to use the hypodermic method, and anyone can beat up some olive oil, milk and eggs and drink the same without a prescription. Olive oil, tomato juice, and eggs well beaten is an ideal food for consumptives or for anyone who wishes to gain in weight. Eat slowly with a spoon so the mixture is thoroughly permeated with saliva.

Do not use imported olive oils; get a California brand, and one of the finest brands is Sylmar olive oil. If you want to know more about olive oil and health, write to me, enclosing a stamped and addressed envelope. If you are a consumptive I have shown you the way of health; you can walk in it or not just as you choose. But do not say you never knew.

Of course in consumption pure air 24 hours a day is essential; air, food and mental attitude—these are the three great foundation stones in the temple of health.

ASTROLOGY

From time to time astrological advertising has been offered to this magazine. The editors do not know anything about astrology; it may do all that is claimed for it, but personally I do not believe it can do anything it claims. I know thousands of good people are interested in the subject, and I am assured that many wonderful revelations have been made by it.

I hardly see how I can refuse to take advertisements of astrologers, but I want to notify all that this magazine can guarantee nothing regarding these advertisements. If you send money in response to such an advertisement in this magazine you may be interested, amused, mystified or disgusted. In any event, don't write to me and complain.

I have given all a fair warning. I believe in investigating, and I believe in proving all things, and I have no prejudices. But think just as much reliable information concerning the future may be had by studying chicken tracks as by studying the stars.

But I am open to conviction.

E. E. C.

The Natural Systems of Healing

The natural system of healing is a drugless system. It includes suggestion for the psychic elements of man's nature, and rational hygiene for the physical needs. Included in the natural system are various methods and processes, such as osteopathy, electropathy, hydrotherapy, phototherapy, massage, physical culture, breath culture, etc.

No one idea will cure all diseases. When a person advocates one idea to the exclusion of all others, a "fad" is the result. Nearly all the drugless advocates are "faddists" for they see only one part of the plan of healing. The first thing to do in the healing art is to acquire a correct mental attitude both on the part of the patient and the doctor or healer.

This essential feature is fully and exhaustively covered in a work of 400 pages by Dr. Parkyn entitled "A Mail Course in Suggestive Therapeutics."

A study of the book will enable anyone to use SUGGESTION in a rational and effective manner.

It is an invaluable book to the physicians, the osteopath, the minister, the teacher, the parent, the lawyer, and all interested in drugless healing. The law of suggestion operates in all the departments of life and activity; it furnishes the basis for all effort, and by a right use of this law harmony may be restored. The book also discusses the proper hygienic measure to be taken to supplement the work of the psychic forces.

If you will send me a stamped envelope I will send you detailed information about this work on suggestion and practical psychology.

The Prevention of Old Age

The Century Dictionary states that "of all liquids, distilled water is the most powerful and general solvent." As old age is caused by the deposition of mineral substances throughout the body, the free use of distilled water will greatly assist in holding old age at bay. If the juice of one or two lemons is taken daily in addition in the form of a distilled water lemonade you will have the most potent elixir of life that has yet been found. Four ounces of California Sylmar olive oil, daily, will also assist in maintaining health.

In this connection the following from the pen of Dr. de Lacey Evans is interesting:

"Distilled water, used as a drink, is absorbed directly into the blood, the solvent property of which it increases to an extent that it will keep salts already existing in the blood in solution, prevents their undue deposition in the various organs and structures, and favors their elimination by the different excretæ. If the same be taken in large quantities, or if it be the only liquid taken into the system either as a drink or as a medium for the ordinary decoctions of tea, coffee, etc., it will in time tend to remove those earthy compounds which have accumulated in the system, the effects of which usually become manifest as the age of forty or fifty years is attained.

"The daily use of distilled water facilitates the removal of deleterious compounds from the body by means of the excretæ, and therefore tends to the prolongation of existence.

"The use of distilled water may be especially recommended after the age of thirty-five or forty years is attained; it will of itself prevent many diseases to which mankind is especially subject after this age; and were it generally used, gravel, stone in the bladder, and other diseases due to the formation of calculi in different parts of the system would be much more uncommon."

Drink two tumblers of water on arising, three in the forenoon, three in the afternoon and two before retiring; this provides about two quarts of liquid which is needed daily to keep the body in health. If you wish more information about distilled water, read the advertising pages of this magazine.

* * *

Nearly 200 readers took my advice regarding Dr. Price's Wheat Flake Celery Breakfast Food and sent a postal card for a free package, delivered postpaid. As the offer is still open, I want you all to have a package with me. Directions: Take a postal card that has never been mailed and address it to Price Cereal Food Co., Chicago, Ill. Then on the other side say something like this:

"Gentlemen: I read in SUGGESTION that you will send me a free package of your breakfast food if I send my name and address. So I comply herewith." Then sign name and address and see what happens. Of course you must mail that card.

* * *

Sometimes a reader grumbles because we print advertisements. If there were no advertisements in the magazine there would be no SUGGESTION. Subscriptions hardly pay for the printing and paper and the advertisements pay rent, salaries, postage, incidentals, etc. When you see an advertisement look upon it kindly for it is your friend. We would today have no newspapers, no magazines, no popular literature without advertisements. So consider the advertisements as helpers in the cause of progress. You don't have to read them, and yet you will learn something useful if you do. Con-

eisdrable useful information may be obtained from the advertising section of a magazine.

* * *

And, remember, that you are at liberty to write to any advertiser, if only from curiosity. Tell him you are anxious to know more about the matter. If you wish to be very proper put in a postage stamp in your letter. Always put in a stamp when the matter concerns you more than the other fellow.

* * *

I will be pleased to hear from any one who feels that he or she has not been fairly treated by any advertiser in the magazine.

* * *

When answering an advertisement in this magazine you will oblige the advertiser and the editor by stating that you saw the advertisement in SUGGESTION. Why? Because we wish the advertiser to know that his announcement is read, and he wishes to know if SUGGESTION readers are taking any interest in his goods.

Books

THE LAW OF FINANCIAL SUCCESS; paper, 50 cents; by Edward H. Cowles, D.P.; published by the Alta Vista Publishing Co., Santa Cruz, Calif. In the preface the author says:

"I have written this book for those who want to build their Success and their Life work upon an intelligent and firm foundation—to encourage all who read to realize that Success originates within. I want YOU, my reader, to realize that YOU can develop your own forces, powers and abilities to that extent that you will become perfectly Self-reliant and Fearless, and that in building upon the firm and sure foundation of Knowledge and your own abilities, your position will become practically unassailable.

"There are undreamed of Possibilities before you, as there are unknown possibilities within you. If I shall have succeeded in arousing you to action and to the fuller development of the forces, powers and abilities which lie dormant within you, I shall feel more than repaid for my effort."

* * *

THE POWER-BOOK LIBRARY is not religious, though never opposed to religion; that is your business. It is not a fog-bank of occultism; that is not real business at all. It is a library of common-sense, down-on-this-earth, new-old-thought practice-books for the right handling of your everyday self in a sane personal development and actual cold-dollar success. Send to Power-Book Library, Auburndale, Mass., for literature, and say you saw this notice in SUGGESTION.

* * *

Our readers will observe by reading his advertisement in this magazine, that Dr. Pitzer has removed from St. Louis, Mo., where he has lived and practiced his profession for more than thirty years, to Denver, Colo. He devotes his entire time to teaching and practicing suggestive therapeutics, uses no medicine of any kind.

Anyone in Denver or vicinity who is interested in Suggestive-therapeutics should call on Dr. Pitzer, and I cheerfully recommend him to all members of the SUGGESTION family.

* * *

The Sampson Co., whose ad. appears in another part of this issue, has been in the mail order business of broadening persons' shoulders for three years. They agree to refund the money of a dissatisfied pupil, and the fact that they have never been asked to do so, speaks well for their course.

This, That and the Other

FOOD IN SERMONS

Feed the Dominic Right and the Sermons Are Brilliant.

A CONSCIENTIOUS, hard-working and eminently successful clergyman writes: "I am glad to bear testimony to the pleasure and increased measure of efficiency and health that have come to me from adopting Grape-Nuts food as one of my articles of diet.

"For several years I was much distressed during the early part of each day by indigestion. My breakfast, usually consisting of oatmeal, milk and eggs, seemed to turn sour and failed to digest. After dinner the headache and other symptoms following the breakfast would wear away, only to return, however, next morning.

"Having heard of Grape-Nuts food, I finally concluded to give it a fair trial. I quit the use of oatmeal and eggs, and made my breakfasts of Grape-Nuts, cream, toast and Postum. The result was surprising in improved health and total absence of the distress that had, for so long a time, followed the morning meal. My digestion became once more satisfactory, the headaches ceased, and the old feeling of energy returned. Since that time, four years ago, I have always had Grape-Nuts food on my breakfast table.

"I was delighted to find also, that whereas before I began to use Grape-Nuts food I was quite nervous and became easily wearied in the work of preparing sermons and in study, a marked improvement in this respect resulted from the change in my diet. I am convinced that Grape-Nuts food produced this result and helped me to a sturdy condition of mental and physical strength.

"I have known of several persons who were formerly troubled as I was, and who have been helped as I have been, by the use of Grape-Nuts food, on my recommendation, among whom may be mentioned the Rev. ——, now a missionary to China." Name given by Postum Company, Battle Creek, Mich.

"There's a reason."

Read the little book, "The Road to Wellville," in each package.

NEW YORK SCHOOL OF ELECTROPATHY

VERY few schools of drugless healing have forged ahead and become more widely known than the New York School of Electropathy of Elmira, N. Y. Showing what a man can do by strict application to business and by honorable dealings with all, Dr. Klock, the President and founder of this school, a successful Osteopath and Electropath, conceived the idea in the fall of 1900 that by combining the three great sciences—Osteopathy, Electropathy and Massage—a grand work could be done for suffering humanity. His success with patients was so remarkable that he had applications from many persons, including medical men, to instruct them in his system which he named "Kinesipathy." This was the beginning of what is today a flourishing school with over 150 graduates in practice in the United States, Canada and Mexico. In 1903 Dr. Klock concluded to ask the state of New York for a charter to teach his sciences. A company was formed and granted a charter on June 17 of that year. From that date success has crowned their every effort, and today the graduates of this school are among the most successful in practice, and their capacity for making money astonishes the oldest practitioners of all schools. Even those who have taken the correspondence courses are doing good work.

* * *

To establish a school of this kind with all the opposition attending its establishment by other and older schools, requires much hard work and ability. Dr. Klock can well be proud of his

* * *

success.

Ever since Osteopathy and Electropathy have been in existence, a school has been needed where a person can acquire a thorough knowledge of these sciences, without spending too much time and money. A place where a man or woman of modest income could acquire a profession and lift themselves above common labor.

* * *

If you are adapted to healing the sick, and like it, you are sure to succeed by some application on your part. Join the profession now—the field is large and the opportunities are unlimited.

* * *

Full particulars will be sent to any address by mentioning SUGGESTION.

Wedding Presents

IT makes no difference whether you are married or single, you have been terribly bothered when it has been necessary to select a wedding present or any other kind of present for a friend or relative. Now, be honest! Is it not a fact that for this reason above all others so many.

PEOPLE HATE WEDDINGS?

I hated them myself for this very reason until I determined to make my presents with my own hands. Since that time I have taken pleasure in weddings. I have made hundreds of wedding, birthday and Christmas presents for others who were bothered and my paintings are valued above other presents that are much more costly.

I AM WEDDED

to my work and make a profession of preparing presents for others.

What present can be nicer than a well-executed painting in water colors?

My water colors sell on sight and for this reason I send them out C.O.D. with privilege of examining them before paying for them. I paint them all myself, and charge from \$2.00 up, but you must pay the express charges. I can send a number to select from if necessary.

Write to me in good faith; tell me how expensive a present you want and I'll send you something that will satisfy you and please the bride.

My advice in the matter of presents may be of assistance to you. Write me confidentially and let me help you.

Address me, Mary M. Plaine, or simply "Plain Mary," care SUGGESTION Publishing Co., 4020 Drexel Boulevard, Chicago.

THE STELLAR RAY, a weekly paper devoted to Planetary Influences. Astro Publishing Co., Detroit, Mich., U. S. A. 20 cents per year. This is a modest publication devoted to astrology, the publishers believing that planetary influences have an effect on human character and conduct. Send for a sample copy and find out yourself. You can ask for circulars regarding astrological books also, if you like.

* * *

He who abstains from physical pleasure and feels delight in so doing is temperate; but he who feels pain at so doing is licentious.
—Aristotle.

A WIDOW'S LUCK

Quit the Thing That Was Slowly Killing Her.

A WOMAN tells how coffee kept her from insuring her life: "I suffered for many years chiefly from trouble with my heart, with severe nervous headaches and neuralgia; but although incapacitated at times for my housework, I did not realize the gravity of my condition till I was rejected for life insurance, because, the examining physician said, my heart was so bad he could not pass me. This distressed me very much, as I was a widow and had a child dependent upon me. It was to protect her future that I wanted to insure my life.

Fortunately for me, I happened to read an advertisement containing a testimonial from a man who had been affected in the same way that I was with heart trouble, and who was cured by leaving off Coffee and using Postum Food Coffee. I grasped at the hope this held out, and made the change at once.

"My health began to improve immediately. The headaches and neuralgia disappeared, I gained in flesh, and my appetite came back to me at once. Greatest of all, my heart was strengthened from the beginning, and soon all the distressing symptoms passed away. No more waking up in the night with my heart trying to fly out of my mouth! Then I again made application for life insurance, and had no trouble in passing the medical examination.

"It was seven years ago that I began to use Postum Food Coffee, and I am using it still, and shall continue to do so, as I find in it a guarantee of good health." Name given by Postum Company, Battle Creek, Mich.

There's a reason.

Read the big little book, "The Road to Wellville," in each pkg.

"You must love your work, not always be looking over the edge of it wanting your play to begin."

* * *

The barriers are not yet erected which shall say to aspiring talent, "Thus far and no farther."—Beethoven.

* * *

In the supremacy of self-control consists one of the perfections of the ideal man.—Herbert Spencer.

The New Thought Corset

A CORSET THAT BREATHES.

When you wear the Wade Corset you are encouraging a beautiful figure as well as being healthy, comfortable, and stylish.

FOR STYLE: The finest modistes prefer our corsets to others because they are perfect in style, and there are no sharp lines showing through the garment to destroy the harmony of continuous curves. But not only the devotees of fashion, but physicians and teachers of physical culture as well, speak loudly in favor of the Wade.

FOR HEALTH: There are other and deeper relations to be considered—those between the corset and physical health and mental and moral repose. We are not all equally endowed with physical beauty, but that which we have is retained and heightened by health. By right living and dressing we may husband beauty so as to retain its possession long after those more fortunate than we in early youth have become hopelessly bankrupt in physical attractions. Nothing conduces more to this beauty-giving health than blood purified by ample respiration, enriched by active digestion, and sent to all parts of the body by a vigorous circulation. Yet every one of these natural restoratives of youth and grace is hampered by a rigid corset.

FOR THE IMPROVEMENT OF THE FIGURE: There are women who lace tightly in the fear of growing fat, little thinking that they are adding to their adipose by the very means they take to restrain it. The ill-instructed victim of tight lacing packs her vital organs in steel and whalebone only to have them enlarge and degenerate with her sluggish circulation. Exercise is the best remedy known for unwieldy weight, and a rigid corset checks that most effective exercise which the body normally takes even in repose—the ever repeated movements of the functioning organs and respiratory muscles.

FOR COMFORT: "The heavenly sensation of feeling your corsets breathe with you, instead of trying to expand and meeting with iron walls, is simply a marvelous thing. The shape is fine also."—**MRS. SARAH KNOWLES.**

"I have worn the Wade Corset with pronounced benefit physically for the past three years. Other members of my family, as well as many personal friends, add their testimony as to its health giving and preserving power."

MRS. ADLAI E. STEVENSON.

"I am desired by Miss Olga Nethersole to tell you that the corsets you made are a perfect fit and most comfortable."—**By MAUD FIELD.**)

FLESHY WOMEN, REDUCE YOUR HIPS AND ABDOMEN: We will guarantee to reduce the size of your hips and abdomen from three to twelve inches.

REPRESENTATIVES: The Wade Corsets are not for sale by the general trade. We have our own exclusive salesrooms and agencies in all the leading cities throughout the country, and as rapidly as possible are establishing agencies where we are not already represented; agents wanted.

Particular attention is paid to all orders received by mail, and we guarantee satisfaction.

Samples of corset material, price list, order blank, and directions for self-measurement, sent free on application.

Send for booklet free. Address all communications to

THE WADE CO.,

Room 216.

34 Washington St., Chicago, Ill.

We have but what we make, and every good is locked by
nature in a granite hand
Sheer labor must unclench.

—Marden.

The Pacific College of Osteopathy

The remarkable growth of Osteopathy on the Pacific Coast has been due to the educational position taken by The Pacific College of Osteopathy at Los Angeles. This institution has never been one of the colleges having a large attendance, nor does it aspire to a position of that kind, but almost from the first it has insisted upon a high standard of education. Almost every step in advance which osteopathic education has taken originated in this institution. It was the first to publish a regular course of study; it was the first to grant the degree of Doctor of Osteopathy; it was the first to introduce a three years' course of study.

It has been the policy of this college to employ teachers who devote their entire time to the school to do the academic work, while the professional work is directed by physicians who are able to bring to bear wide experience in actual practice. Every teacher employed in work is an original investigator, and every effort is made to stimulate the investigating spirit among teachers and students.

The College has never made any bid for students who wish to get through with their work easily and then rush into the field to make money, but it offers almost ideal advantages to the faithful, painstaking student who wishes to fit himself for intelligent and conscientious practice. The graduates of this College are more than the peers of the graduates of most medical colleges in all which stands for the real education of the physician.

Readers of SUGGESTION who are interested in Osteopathy should send for a catalogue to Professor C. A. Whiting, Chairman of the Faculty, Los Angeles, Calif.

THE LOST PEARL; edition-de-luxe; postpaid, \$1.25. Send orders to the publishers, The Lawriston Press, 824 Carnegie Hall, New York.

This is a story dealing with the higher questions of life and being and the problems of life. It is said to be an absorbing story of reincarnation. Those who are interested in psychological discussions regarding the ego and psyche will be pleased with the book. Those who have read it say it is "a great help to aspiring souls."

He who speaks well of others speaks well of himself.

—Gen. Phil. Sheridan.



Thought Power



IN THIS department from time to time will be given well-certified instances of the effects of suggestion in producing health or disease. The mind can influence the body for good or ill, and the far reaching effects of psychic force are marvelous to those who have not studied the Law of Suggestion. Short articles, communications or clippings are solicited for this department.

The Power of Suggestion

Editor SUGGESTION.—

Dear Sir: SUGGESTION, which you have so wisely chosen as the title for your magazine, enters more largely into our lives and is the original cause of more effects than the majority of this generation will admit. Merely as a subject for thought, and not as a broad statement, the writer desires to advance the theory that the benefits of religious views are traceable exclusively to auto-suggestion.

Faith is productive of results only because it puts the mind in a condition of repose. It matters not what we have faith in, so long as we believe everything is for the best. A man might put his faith in the devil and be perfectly happy, if satisfied that Satan would look properly after his welfare.

Prayer is effective only to the extent that it reacts upon the mind. To pray for health, virtue or contentment, is but to express the wish, with the belief that they will follow, and lo! they are upon us merely because of the presence of such thoughts and the change in our mental attitude.

The Chinese prays to his wooden image; the Hindoo bows down before a golden calf; the Catholic kisses the cross, and certain other sects prostrate themselves before imaginary spirits, but in every case the results they themselves ascribe to divine interference are solely due to their mental condition, and all effected by that important word, first above, and lastly, Suggestion.

Yours truly,

Los Angeles, Cal.

H. H. CROUCH.

Those love truth best who to themselves are true,
And what they care to dream of dare to do.—Lowell.

Ghost Stories

The New York "Globe" is printing letters from its readers who know of unusual psychic experiences, and every week \$5.00 is awarded for the best narrative. This fact is mentioned as showing the interest which is being taken in psychic research.

Here is a sample of the "Globe's" stories taken from the issue of March 28.

Weird Experience in the English Channel

HOST EDITOR:

SIR:—In the fall of 1896 an uncle of mine, then in command of a merchant steamer bound from Buenos Ayres to London, was beating up the English Channel. It was twilight, and the ship was within sight of the lights of the Isle of Wight, which was just beginning to make its appearance.

My uncle and two other officers were seated in the cabin having their evening meal, when the watch on the bridge noticed a strange man making his way down the deck in the direction of the companionway that led to the saloon. The watch noticed that he had the appearance of being wet.

A few moments later my uncle and his shipmates were astonished to see a stranger come down the stairs to the cabin, and seat himself at the end of the table. They noticed that his clothes were wet through, and that he was without a hat.

Before they could recover from their astonishment, the stranger had risen from the table and walked rapidly up the companion ladder. They immediately followed him, calling to him to stop.

As they gained the deck there was no sign of the stranger, but they were immediately startled by the cry from the bridge of "Man overboard!"

The ship was at once stopped and a boat lowered, and just as it was getting dark they picked up the body of a man. The man on watch, as well as my uncle and his officers, at once recognized the corpse as that of the strange man they had previously seen, and their perplexity was intensified by the discovery that the man had apparently been dead for a day or more.

They turned over the body to the coroner, on reaching the Albert docks, when it was identified as that of a gentleman who owned a yacht at Cowes, in the Isle of Wight.

He had been noticed several days before, toward evening, on the pier, and since then nothing had been seen or heard of him until his remains were identified at the East London morgue.

I might add that the seat in the saloon where the strange man had sat was quite wet, and there was a small pool of water on the floor. The strangest part of this strange story is that it is true.

W. W.

Columbia University Club, New York.

To-Day

Upon John Ruskin's writing-desk
A slab of chalcedony lay,
And on it, cut in careful script,
The word "Today."

Honored of all, a wondrous man,
And held a prophet in his way,
He let "Tomorrow" bide its time,
And used "Today."

Upon the tablet of the will
How good to write, the self-same way,
Putting tomorrow's uses by,
The word "Today."

—Harriet Prescott Spofford.

Facts and Theories

The position of the editors of this magazine regarding faith healing, absent healing, success circles, vibrations, divine healing, Christian Science healing, spiritualism and occult matters is this: We do not fight a fact. When a fact is demonstrated to be a fact by competent testimony we are glad to admit that fact as a valuable asset in the bank of human knowledge.

We have no quarrel with fact. If a Christian Scientist can heal a sick person at a distance of 968 miles we rejoice. If a success circle can lift a mortgage from a ranch down in Texas while the owner sits on a cracker box at the grocery, we are pleased at this great advance over frenzied finance methods. Facts are all right and we welcome them.

Our spiritualistic friends have certain theories to explain certain facts. Our Christian Science friends have their theories; and the different faith healers and teachers have various theories to account for certain things. We have our theories, too; and we try to find a simple, rational, scientific commonplace explanation rather than to accept theories which deal in all kinds of speculation and assumptions. Nature is very plain, very simple, very easy to understand. Always try the simpler theories before you reach out into the bounds of imagination, infinity and the hereafter.

The world agrees on facts, and all the wars of mankind have occurred over theories. One man wants his neighbor to accept his theory of hunting or farming or living or medicine or theology or politics, and forthwith there is war. Let us agree on facts first. Let us agree on theories if we can, but if we cannot, let us talk about the weather. Yes, we are having a fine summer; and the crop prospect is fair.

John Wesley, the founder of the Methodist Church, lived in the middle of the seventeenth century—say 1750. He knew more than many wise men of today about the power of mind to control bodily health. Here are four paragraphs taken from his works:

1. The passions have a greater influence on health than most people are aware of.
2. All violent and sudden passions dispose to, or actually throw people into acute diseases.
3. The slow and lasting passions (such as grief and hopeless love) bring on chronic diseases and low fevers.
4. Till the passion which caused the disease is calmed, medicine is applied in vain.

THE LAW OF Psychic Phenomena

By THOMSON J. HUDSON, L. L. D., *The Father of the New Psychology.*

The Law of Psychic Phenomena explains all the facts relating to spiritualism, mind reading, telepathy, clairvoyance, apparitions, the subjective mind, the law of suggestion, faith cures, Christian Science, magnetic healing, and absent treatment. Read this book and understand dual personality, mysterious disappearances, catalepsy, premature burial, trance, etc.

Read **The Law of Psychic Phenomena** and you will understand all about occultism, witch doctors, subjective visions, and the mysterious happenings of the ages. **THE LAW OF PSYCHIC PHENOMENA** throws light on the mysterious realms of the psychic world, and clearly shows the basic law of human consciousness, clear, simple, and to the point. Any one can understand the book; written in lucid English; it is the standard text book on the New Psychology; nearly 100,000 copies have been sold.

All Seekers after psychological truth should read this book; it points the way, and makes your path clear. It gives a working hypothesis to explain all psychical manifestations of whatever nature. It covers the ground. It shows that natural laws govern the psychic as well as the physical realms, and gives the death blow to superstition, charlatanism, relic cures, and many vagaries now masquerading as system of religion and philosophy. Money refunded if asked.

By an arrangement with the publishers of this book and **SUGGESTION**, we are enabled to make the following offer:

The Law of Psychic Phenomena,	-----	\$1.50
Suggestion, one year,	-----	1.00
		\$2.50

Send \$1.75 and receive the above combination; old subscribers to **SUGGESTION** may renew by sending \$2.00 for the above offer; foreign, 50 cents (two shillings) additional in each case; in the city of Chicago, 25 cents additional in each case.

SPECIAL:—Old and new subscribers by adding 90 cents to above offer will receive Elizabeth Towne's magazine **Nautilus** for twelve months; foreign, one shilling extra.

Send all orders to .

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Consolidated Press Clipping Co.,
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\$100 to \$500 per month is yours if you look into this offer made by the only chartered legal institution in the U. S. that can empower you to do better work than any M. D. or Healer (purely scientific). Information given—no attention without 2c stamp. 10c booklet free. Address **The National School of Manual, Physical and Suggestive Therapeutics**, 133 Colonial Arcade, Cleveland, Ohio.

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A SPECIAL BARGAIN OFFER

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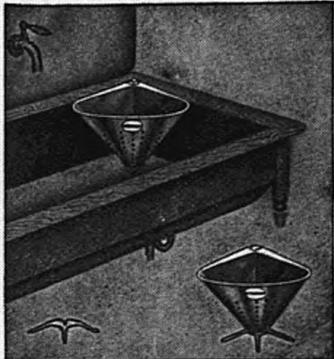
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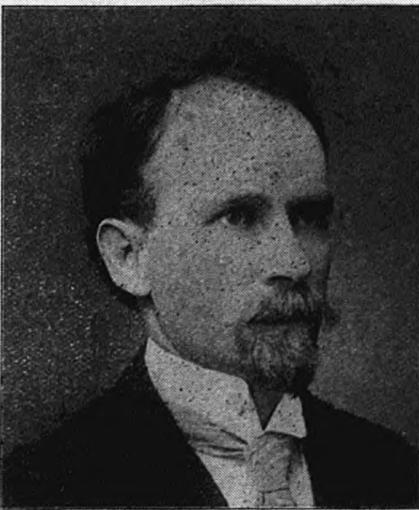
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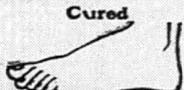
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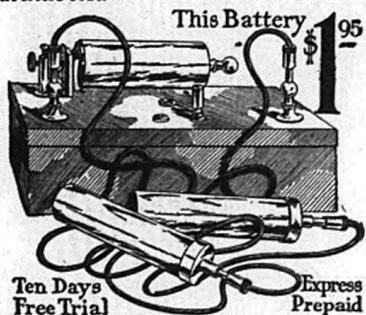
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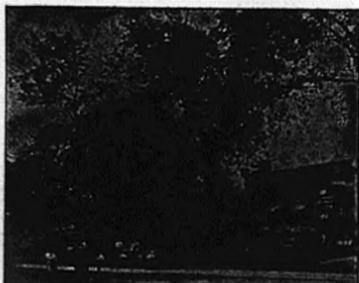
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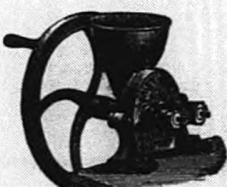
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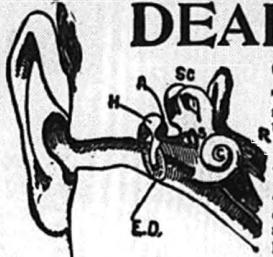
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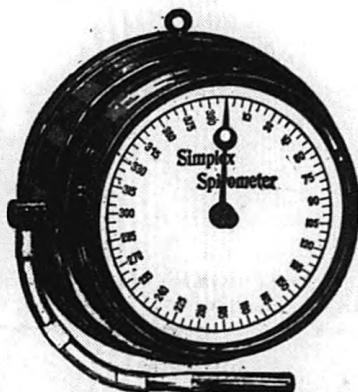
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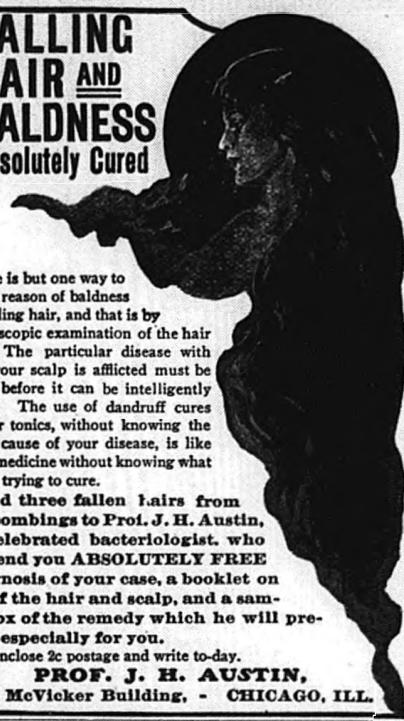
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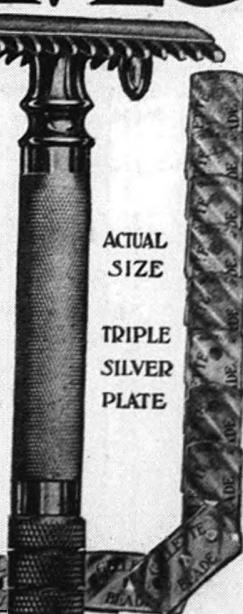
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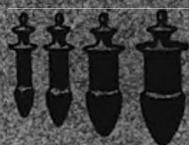
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